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SANDLER PLAYS IT RESTRICTED

COMEDIAN STARS IN HIS FIRST R-RATED FLICK, THAT'S MY BOY PAGE 26

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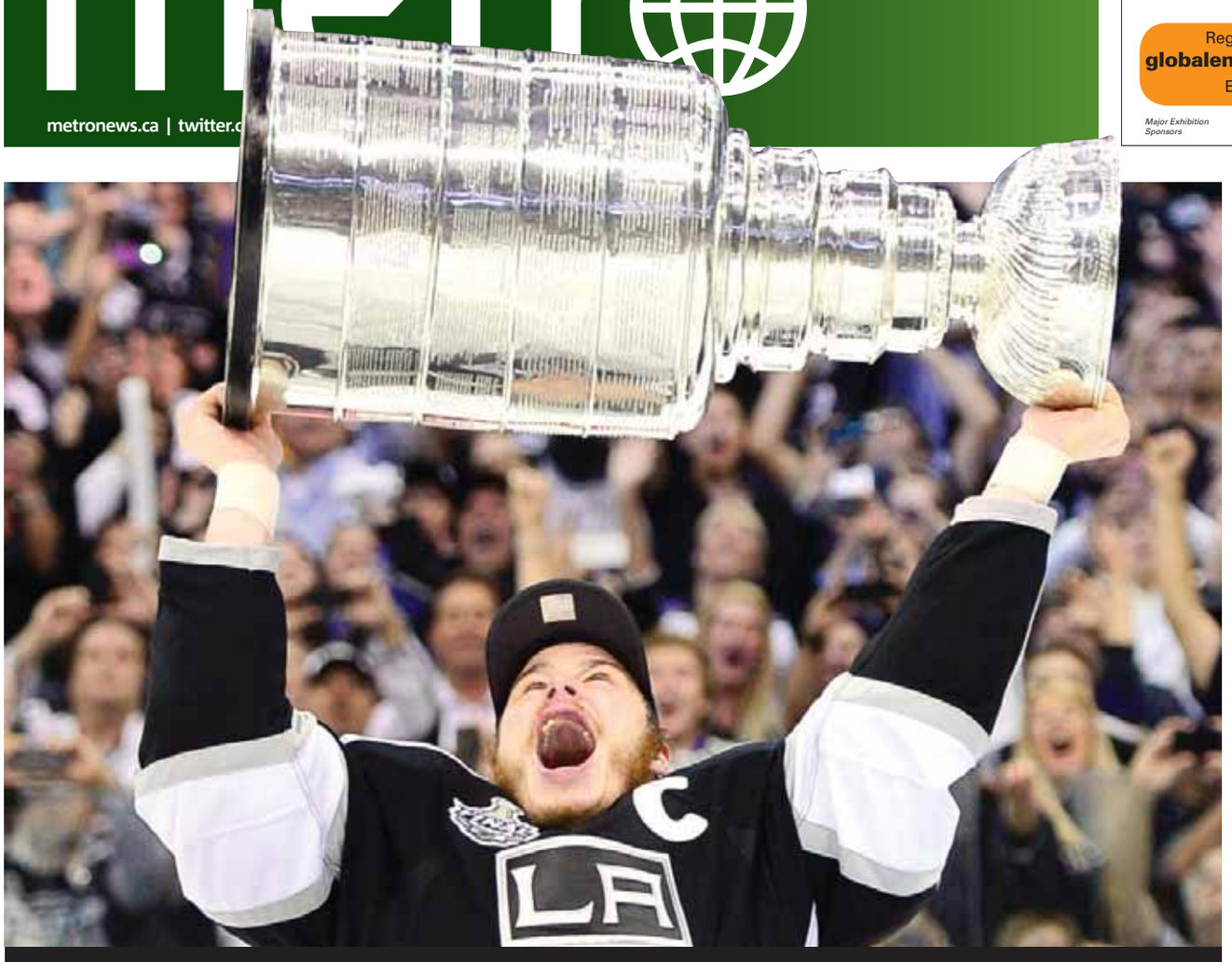

HAIL TO THE KINGS

Los Angeles Kings captain Dustin Brown hoists the Stanley Cup after the Kings beat the New Jersey Devils 6-1 in Game 6 of the Stanley Cup final on Monday. Story, page 48.
MARK J. TERRILL/THE ASSOCIATED PRESS

Bye, eyesore properties

As many as seven more rundown Calgary properties could be demolished in the coming weeks, in addition to the 14 that have already been torn down around the city this year PAGE 3

No knocking out Lady Gaga

Singer sang on at a show in Auckland, New Zealand, despite suffering a concussion after a dancer whacked her in the head with a pole PAGE 29

Savour the sweet heat of grilled wings

Sweet and sticky honey hot wings are tender and juicy, and the skin is crisp, not flabby ... and they're cooked on a baking sheet PAGE 34

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Man found inside car

Homicide victim likely targeted, police say

Police have deemed a suspicious death on Friday Calgary's fifth homicide of 2012 but are saying little else about the victim's final moments.

Graham Mark Sear, 28, was found inside a silver Toyota 4Runner in an alley behind the Braeside Shopping Centre around 9 p.m. Friday.

"It's still early in the investigation," said police Staff Sgt. Grant Miller. "We don't believe this was random."

Witnesses have reported two males in their 20s were seen fleeing the area around the time Sear's body was found. Miller urged anyone else with information to come forward.

It does not appear the victim had any criminal history. JEREMY NOLAIS/METRO

Back to square one

Council scraps WinSport retail development

City council rejected WinSport Canada's plan for a retail centre close to Canada Olympic Park on Monday.

The development was opposed by community groups, and the rejection forces WinSport to go back to square one with redevelopment plans. The existing development plan is still in place.

WinSport hoped to sell the land to fund athletic programs, but council couldn't support the plan in the end.

Most aldermen rejected the proposal based on the planning and transportation aspects and because the location is a gateway into the city and, as such, is appropriate for a "big box" retail centre. METRO

Wayne Brown, co-ordinator of a city team working to take action against derelict Calgary properties, in seen in front of a 2011 demolition. METRO FILE

City zeroing in on rundown properties

Tear down. Up to seven Calgary properties deemed hazards could be torn down in coming weeks

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Community members are playing a more predominant role in rooting out eyesore properties in Calgary, says the man leading a team devoted to fixing such issues.

The co-ordinated safety response team launched in 2010 but began promoting its efforts publicly last summer.

It is made up of a number of partner agencies, including Calgary police and bylaw services, and actively works to collect evidence on why a property should or should not be considered a community hazard.

In many cases, the investigation ultimately leads to a Municipal Government Act order to the property's owner to either remediate the building or pay for it to be torn down.

Co-ordinator Wayne Brown said the list of properties on his team's radar has tripled since last year to 74 — thanks, in large part, to reports from distraught community members and aldermen.

"The community seems to be getting the message that action is being taken," he said. "They (the properties in question) become very unsightly, they are not typically maintained. The other thing is graffiti.... My team is exceptionally busy right now."

Debate over what to do with derelict and vacant properties in Calgary made headlines last month after a group planted potatoes in tire pots on a lot deemed by many to be an eyesore.

Mayor Naheed Nenshi himself called for more municipal power to act against such areas, noting most decisions are left to the province.

City bylaw boss Bill Bruce said efforts to tear down eyesore properties and remove other unsightly items, such as rundown vehicles, does wonders for community safety and morale.

"It falls right under that category of (fixing) broken windows," he said. "It's huge."

Follow Jeremy Nolais on Twitter @Metro_Nolais

Knocking 'em down

- The co-ordinated safety response team has torn down 14 derelict Calgary properties this year.

1 NEWS

On the web

More than just on bended knee

From viral videos to public proposals, popping the question is getting more creative. Earlier this year, an Atlanta filmmaker created a stop-motion Lego proposal for his girlfriend, and last year someone popped the question through a custom film trailer. Watch these and more creative proposals at metronews.ca.

Mobile news

It was the stuff of a major film studio's next animation project: Nine African baby elephants were orphaned after their parents were poached, but then they were miraculously rescued and brought to a wild game park in Latin America. Scan the code to read the full story.

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Garage sale. Thousands of dollars raised for mother with cancer

Michelle Lister, seen here with her husband, Davin Ala, and daughters, Ciarra, 2, Adrienne, 7, and Mikaela, 10. FACEBOOK

The gloomy weekend weather wasn't enough to deter supporters of a Calgary woman battling cancer as hundreds came out to a fundraising garage sale.

Mother of three Michelle Lister has been fighting Stage 4 breast cancer for two years.

The cancer has spread to other parts of her body, but she's been able to continue living life with her family through the use of alternative treatments, which are not covered by health care.

Over the weekend, more than 60 households donated items for a massive garage sale. In total, $5,100 was raised for Lister's continued treatment.

"It was an incredible turnout," said Lister's close friend, Evan Polowick. "She said it will probably last her through the summer."

Polowick said the amount sold, the cash donations and overall support were a lift to Lister's spirit.

"She said we can do the next fundraiser in the fall, so she's energetic. For her to be looking to the future is great," he said. KATIE TURNER/METRO

Achievement celebrated

Calgary recognizes citizens with awards

The City of Calgary will be recognizing the efforts of 15 citizens at the 2011 Calgary Awards on Wednesday. The program is the city's official citizen-recognition program that celebrates outstanding achievement and contributions made to improving quality of life in Calgary. The awards began in 1994. METRO

The gift of life

Bloody photo fun

Canadian Blood Service is launching a new interactive campaign asking supporters to bring awareness to blood donation by "blood photo bombing." Participants can print off the blood signal from blood.ca/bloodphotobomb and then sneak the symbol into photos. The photos can be submitted via the website. METRO

Jim Phelan, left, and Bill Papadopolous star as "skater boys" in one of the Silvera's Sassy Seniors videos. COURTESY SILVERA FOR SENIORS

More to life than hip pains and card games: Seniors

Video series. Comical scenarios aim to paint aging Calgarians in a new light

JEREMY NOLAIS
jeremy.nolais@metronews.ca

It's not every day you see a 68-year-old traipsing through the mall, skateboard in hand, wearing flip-flops and a purple hoodie pulled up over his head.

But that's exactly what Jim Phelan did as part of a video series that aims to debunk myths about aging seniors.

"We don't just all sit around and visit and play cards," Phelan was quick to point out.

The video of him and a fellow senior, Bill Papadopolous, in their finest skating attire on a stroll through Chinook Centre is one of five published by Silvera for Seniors, a low-income-housing provider with about 1,600 clients and 25 locations across Calgary.

The video series, titled Silvera's Sassy Seniors, features six residents total and includes a variety of scenarios — everything from a forgetful lady dropping her pair of skimpy underwear in front of unsuspecting young men to two ladies grooving out on Stephen Avenue.

Quoted

"Too many people tend to dismiss those that are aging. These are people still filled with hopes and dreams."
Silvera CEO Arlene Adamson

Maxine Holgate, 73, took part in the latter video. She was supposed to base her moves on a Mick Jagger tune but her audio skipped to Christmas carols instead.

"It was probably based on mass confusion in my brain," Holgate said, when asked where she got her grooving inspiration.

For Phelan, the wardrobe itself proved a bit challenging.

"I have never worn flip-flops before.... It's kind of hard on the toes," he said.

Follow Jeremy Nolais on Twitter @Metro_Nolais

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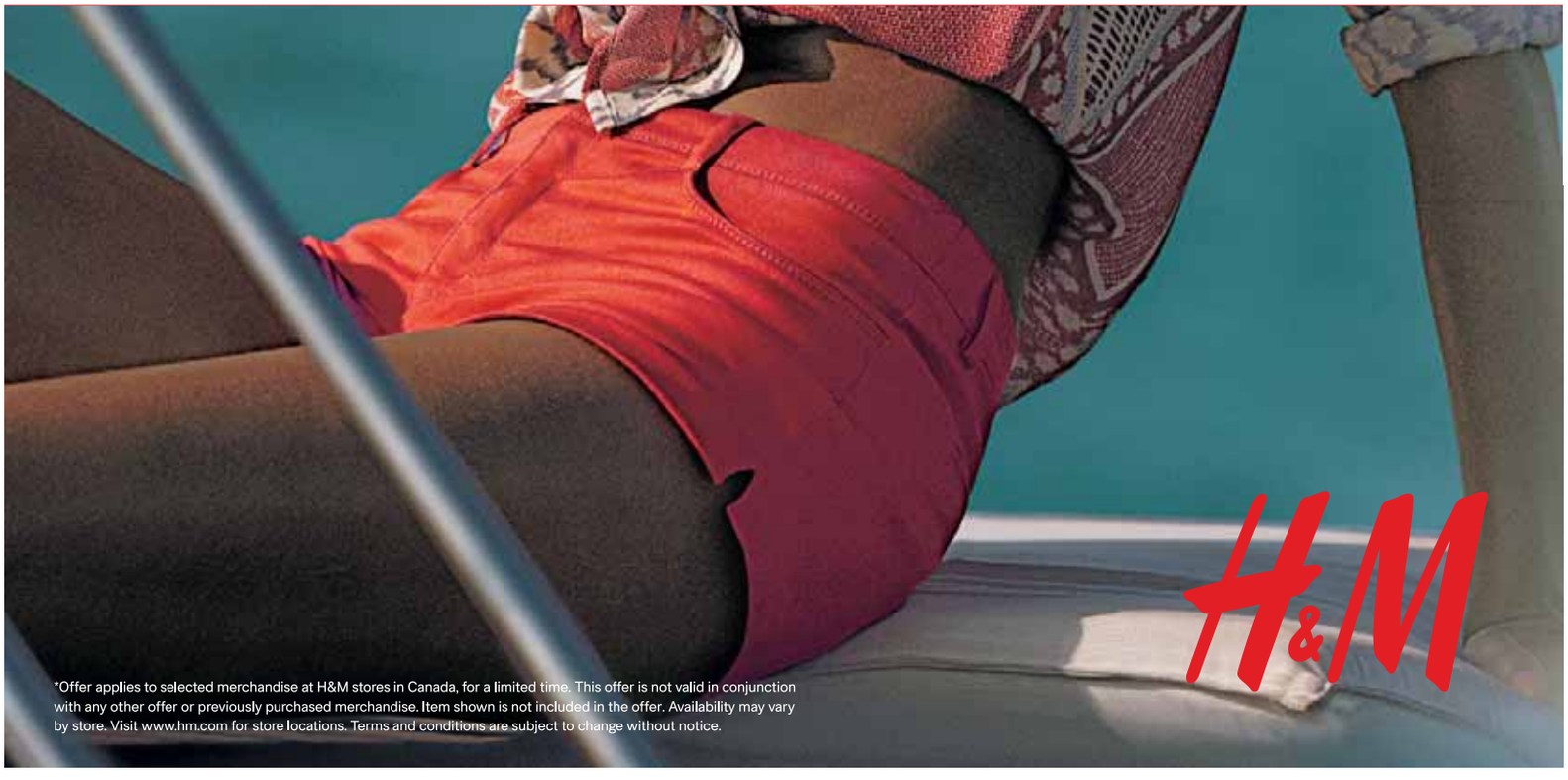

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Fears for fishery after oil spill

Ecosystem. Only time will determine full extent of damage on Red Deer River, guides and residents say

Fishing guides and local residents fear a pipeline leak into the Red Deer River could do long-term damage to one of Alberta's most popular sportfishing destinations and are demanding ongoing monitoring to track the spill's effects.

"They've got to be here for as long as it takes to monitor what's going on along that river, for sure," guide Garry Pierce of Tailwater Drifters said Monday.

"I just hope they're not going to come in for three weeks or a month and say, 'Oh yeah, we're good. We've got it cleaned up and off we go.' That's just not going to be good enough."

Kelsey Kure, who lives on about two kilometres of waterfront along the affected part of the river, agreed.

"There has to be a study done to determine the effects of this. You can't just go on pretending that nothing happened, that there are no impacts."

On Thursday night, a section of pipeline owned by Plains Midstream Canada running under the river near Sundre leaked up to 475,000 litres of oil.

The company has said high river levels flushed most of the oil downstream into Gleniffer Lake, a man-made reservoir and popular recreational area.

As of late Sunday, more than 100 people were working on the cleanup. Booms had been placed on the lake, a skimmer was working on the river and deterrents had been set up along the banks to prevent additional wildlife from being fouled.

Oil was not running in the pipeline at the time of the leak, company officials said.

But that doesn't mean there won't be consequences.

Kure, a water resource technician for a forestry company, said oil is pooling up along the river margins.

Oil "got mixed in with all the silt and sediment in the river. So wherever there's sediment, there's oil particles," he said.

He also pointed out the affected stretch of river is highly braided.

"You're not talking about one channel. You're talking six to seven to 10 channels. That just increases your impact area."

THE CANADIAN PRESS

Impact on wildlife

- Oil is fouling a number of protected spots along the river, such as the Butcher Creek Natural Area, home to 58 bird species.
- Both Kelsey Kure and Garry Pierce fear the spill will kill off many insects in the water that are just now emerging from their eggs. It could also contaminate river-bottom gravel, a spawning habitat for trout.

We've really got to stop hanging around these kinds of places

Members of the Calgary Fire Department rescue two workers from the side of Elveden Centre on Monday morning, after the platform they were working on fell out from underneath them. The pair dangled from their safety harnesses 10 storeys above ground while crews worked to get them to safety. The workers were uninjured, and an investigation is underway. TESSA CLAYTON/FOR METRO

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Have your say. Province seeks input on revamping elections act

The Local Authorities Elections Act, which legislates how and when city elections are held, is in for an overhaul, and the province wants your input.

Acting on suggestions by local municipalities that the act needs updating, the Ministry of Municipal Affairs is now asking for public input into changes.

Issues include terms of office, timing of elections (changing from every three years to four), the nomination process and campaign-finance rules.

Albertans can make their suggestions for changes at the Municipal Affairs website. The survey consists of 36 questions and will be active until the end of July.

The government hopes to have changes in place in time for the 2013 municipal elections. METRO

Mayor's recommendations

- Mayor Naheed Nenshi recommended five reforms including allowing donations only during the year the election is being held and lowering the maximum campaign contribution from $5,000 per year to $2,500 per year.
- He's also recommending a spending limit for candidates of 65 cents per resident, and that all surplus campaign funds be donated to the city, to a charity or returned to donors, instead of allowing them to be carried to the next election.

Lloydminster standoff

RCMP warn of possibly armed man

RCMP are on the hunt for a possibly armed man after a lengthy standoff in Lloydminster that started Sunday morning. Police are looking for James Daniel Munroe, 33, who was living in Lloydminster but also has ties to the Barrhead area. He is described as five-foot-10 and 165 pounds, with brown hair, blue eyes and a roman-numeral tattoo on his left middle finger. METRO

To trim or not to trim, that is the question

Disputes between neighbours about intrusive branches, overgrown hedges and new fences can make some homeowners contemplate drastic measures.
TESSA CLAYTON/FOR METRO

Property lines. Communication is key when settling potential yard disputes

TESSA CLAYTON
calgary@metronews.ca

It's the time of year when Calgarians take to their yards to prepare for the summer months. But when unwanted greenery crosses property lines, things can get nasty.

That's the case for Rose Lee, currently in a dispute with her neighbour over a rogue tree branch extending from her yard into his.

Lee said they were open to removing the branch but not after her neighbour refused to split the roughly $500 bill.

"I'd rather not have an upset neighbour, but we can't afford (that cost), nor do we think we should have to pay to remove a branch that's not affecting us directly," she explained.

Bill Bruce, head of bylaw, said his office gets several thousand calls a year about this kind of thing.

Bylaw can only enforce cleanup on public property. After that, it's up to neighbours to settle their disputes about trees, fences, hedges and the like. Bruce said communication between both parties is key.

"I don't generally recommend just going and hacking away at the neighbour's tree."

Bruce said if you've exhausted all options, bylaw can arrange community mediation.

Quoted

"I don't generally recommend just going and hacking away at the neighbour's tree."
Bill Bruce, director of bylaw services

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"For years, I suffered from unbearable stiffness and swelling in my hands"

"How I BEAT The Pain That Almost Ended My Career!"

By Jaudon Sunde
Medical Cosmetic Technician

For nine long years, I lived in sheer agony. I suffered from inflammation and horrible stiffness in my hands. Unless you've experienced it for yourself, you can't imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the "Best Permanent Cosmetic Technician" in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked. The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

I was faced with a dreadful choice: Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn't afford to do either. I had to find a better way to get real relief.

Then one day at dinner a friend of mine told me that inflammation is worse than I thought. "It's called the 'secret killer,' and for good reason," he said. "Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

"The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power. It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

"It turns out that the fruit of this plant is loaded with a special concentration of something called a 'bioflavonoid.' It's a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it's **proven to reduce inflammation and detoxify your body naturally."**

He then spoke the words that would change my life. "I think all you need to do is try a fruit drink." I was shocked! How is an ordinary fruit drink going to end my misery? "Well, it's not an ordinary fruit drink. It's called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you'll be amazed how great you're going to feel."

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

In just 5-6 days, an amazing thing happened. I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was over joyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!

I also found out that the betalains in **Nopalea** aid my body in healing by surrounding unhealthy cells and draining them of toxic waste.

Jaudon Sunde, Micropigmentation Specialist, says that "Nopalea has been a life-saver in every sense of the word."*

But don't believe me. You must try this drink for yourself. If you're suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you'll agree that it's the best thing that's happened to you in a long, long time.

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Food Club members Soina Edworthy, Sinela Jurkova, Philip McCutcheon and Erin McFarlane hope to bring a community food centre to Calgary in 2013. ALICIA GERRIOR/FOR METRO

Putting the community back in community food

Huge need. Group looking to bring new centre to the city that will provide food and other forms of support

ALICIA GERRIOR
calgary@metronews.ca

A community garden, a drop-in centre and a community kitchen all rolled into one is what Food Club member Sonia Edworthy is working on bringing to Calgary.

Edworthy's vision for a community food centre is inspired by a Toronto organization called STOP, which uses food as a tool for community development, poverty reduction and food justice.

"Calgary has a huge need for this kind of program," said Edworthy, who was quick to highlight the differences between her vision and the city's food bank.

Edworthy said the community food centre would not only provide people with food but also help people get community support.

"It's not just a food bank where you can pick up food," she said. "You can come in and be a part of something. You can meet other people and develop networks that are going to support you."

Why the need?

The Calgary Food Bank has seen a 70 per cent increase in visitors since 2006.

A meeting to discuss bringing a community food centre to Calgary will be held Tuesday at 6 p.m. at the Old Y Centre.

The Food Club and a coalition of other Calgary groups are hoping to put a proposal together to send to STOP, which is looking to create more community food centres.

"Maybe we can have something open next year," Edworthy said.

Banff Media Festival

New Anne of Green Gables announced

One of Canada's most well-known and beloved literary characters is returning to TV.

A new 13-episode series of Lucy Maud Montgomery's Anne of Green Gables was announced Monday at the Banff World Media Festival.

First published in 1908, more than 50 million of the Anne books — about a spunky red-headed orphan who is sent to live in Prince Edward Island — have been sold.

Sullivan Entertainment brought Anne to television in the 1980s, but Montgomery's granddaughter, Kate Macdonald Butler, says there is keen appetite for a new version.

"By way of our book sales — and that's how I would know — the interest is still there. I think there are a couple of new generations that are ready for a new interpretation of Anne of Green Gables," Butler said in an interview with the Canadian Press.

"Sullivan Entertainment did a beautiful product — the first film back in the '80s — and we were very proud of it then. But I think it is now time for a new interpretation. That was almost 30 years ago."

The show is expected to begin production in the summer of 2013 but likely won't air until the following year.

THE CANADIAN PRESS

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Paul Martin receives an honorary doctorate from the University of Alberta. THE CANADIAN PRESS

Martin criticized Mulcair

Anti-oilsands rhetoric simply simplifies issue: Martin

Former prime minister Paul Martin added his name Monday to the list of leaders unhappy with recent remarks by federal NDP Leader Tom Mulcair about Alberta's oilsands.

Martin says it's overly simplistic for Mulcair to blame Canada's prosperous oilsands for artificially elevating the dollar and hurting manufacturing exports.

"To simplify what is a really important issue like that really does nobody a service," Martin told reporters Monday.

The 74-year-old former Liberal party leader was in Edmonton to receive an honorary doctorate of laws from the University of Alberta.

Mulcair has been sharply criticized in recent weeks by western premiers, including Alberta's Alison Redford, for saying that Canada is afflicted with the so-called "Dutch disease" phenomenon.

The theory is that the roaring oilsands economy is pumping up the dollar, making manufacturing exports from central Canada less attractive and thereby driving away business.

The premiers have called the remarks divisive and ill-informed. Martin — a former federal finance minister — agreed.

"The reason our dollar is high is we have a good balance sheet, and we want that," he said.

THE CANADIAN PRESS

Animals in distress

Edmonton rabbit hoarder fined, banned from pet stores

A 35-year-old Edmonton woman who had more than 1,000 rabbits seized from a Terwillegar-area home in the spring of 2010 has been fined $8,500 and banned from pet stores.

Shelley Zenner was also banned from owning pets, except a dog or cat that must be spayed or neutered, a judge ruled Monday.

The woman, one of three charged after the rabbits were found in a south side home, also must attend two years of counseling.

Of the seized rabbits, 600 had to be destroyed.

Zenner pleaded guilty to one count of causing animals distress. METRO

For more local news visit metronews.ca/calgary

A chord a day to keep crime away?

Pedestrian to pianist. A street piano will be placed on Stephen Avenue Walk to curb city crime

Changing tunes

- Street pianos are used all over the world. New York has 60 of them.
- Calgary's piano will be the province's third street piano, joining others in Red Deer and Cochrane.

Criminal justice student Valerie Cheadle hopes to lower crime by bringing a street piano to the city.

A street piano is a piano that's placed in a crime-ridden area with the objective of drawing crowds that may discourage criminal activity.

"There are more eyes and ears that would end up seeing a crime, and offenders would leave the area," explains Cheadle.

The piano, which will be unveiled on June 23, will sit in front of the McDonald's on Stephen Avenue Walk and be free for passersby to play until September.

But Calgarians have doubts about the crime-fighting piano.

"I think the piano will be attracting the wrong type of crowd. If people are going to perform an act of crime, they're not going to be interested in a piano," said Nicki Chang-Powless.

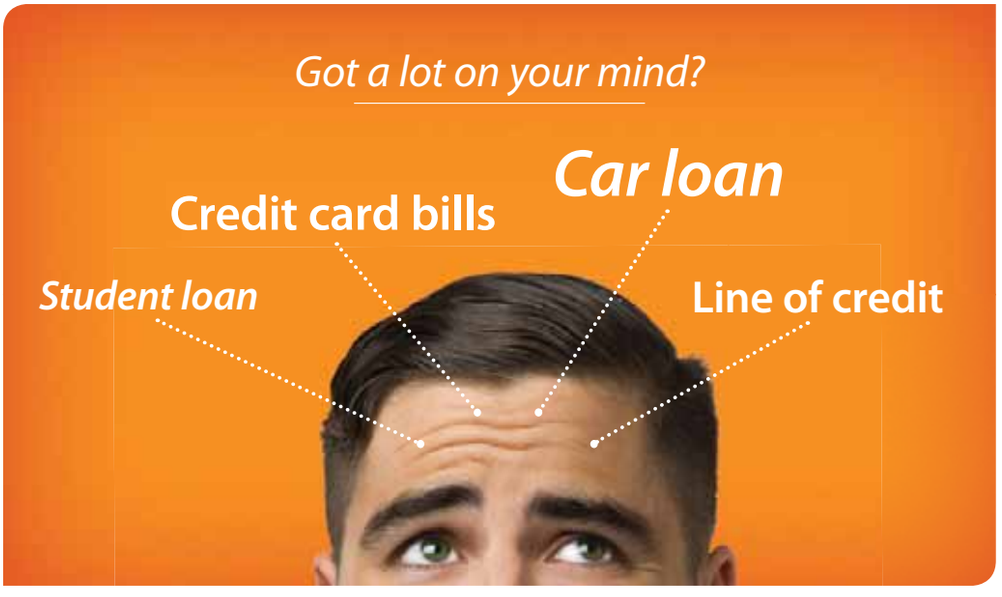
"It'll get destroyed," said Laura Spence.

Cheadle is confident the piano will stay intact over the summer and plans to combat vandalism by having youth from the Boys and Girls Club paint the piano.

"They are, statistically, the ones who would be vandalizing it. If you get the youth to decorate it, they'll be proud of it, take ownership of it, and prevent everyone else from ruining their artwork," said Cheadle.

ALICIA GERRIOR/FOR METRO

Valerie Cheadle, pictured with the national music centre's busker piano, believes that a downtown street piano will help curb crime in the area. ALICIA GERRIOR/FOR METRO



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U.S. warns of potential 'massacre' in Syria

Civilians trapped.
Residents of rebel-held areas face peril as government forces try to take back positions

The United States accused the Syrian government of using "new horrific tactics" Monday, as UN observers reported Syrian helicopters were firing on rebellious areas and concerns mounted that civilians were trapped in besieged cities.

Violence in Syria has spiked in recent weeks, as both sides ignore an internationally brokered ceasefire that was supposed to go into effect April 12 but never took hold.

State Department spokeswoman Victoria Nuland expressed concern about reports the regime "may be organizing another massacre" in Latakia province, where UN monitors have been impeded.

Speaking to reporters in Washington, Nuland said Syrian forces should remember Bosnia in the 1990s, and how the international community can find out who is responsible for abuses.

"People will be held accountable," Nuland warned.

"We are calling this out now in the hope that we can stop what could be a potential massacre," Nuland said.

Nuland declined to say if Washington or anyone else in the international community might take proactive measures

Activists reported more than 50 people killed across Syria on Monday, with violence in Homs, Idlib and Latakia provinces. According to activists' accounts, Syrian troops with helicopter gunships attacked Rastan, a rebel-held town in Homs province. Rastan has resisted repeated government offensives for months.

The death toll and the online videos were impossible to independently verify.

According to videos posted online, fireballs of orange flame and black rubble exploded in the air as waves of shells pounded residential buildings in Homs on Monday. The sounds of shells whooshed through the sky and there was occasional sporadic machine-gun fire.

"What we are seeing right now are fierce clashes as the Syrian army tries to take back positions held by the rebels," said Rami Abdul-Rahman of the Britain-based activist group Syrian Observatory for Human Rights, which uses a network of sources on the ground.

"There are many deaths in the rebel ranks," he said.

International envoy Kofi Annan said Monday he was "gravely concerned" about the escalation of fighting in Syria, citing the shelling of opposition areas in central Homs province and reports of mortar, helicopter and tank attacks near the Mediterranean coast.

Annan demands both sides "take all steps to ensure that civilians are not harmed," said his spokesman, Ahmad Fawzi, in a statement. "There are indications that a large number of civilians are trapped in these towns," the statement said.

Syrian activists say 13,000 people have been killed since the uprising began in March 2011. The situation has grown increasingly chaotic in recent months, and it is difficult to assign blame for much of the bloodshed. The government restricts journalists from moving freely, making it nearly impossible to independently verify accounts from either side. THE ASSOCIATED PRESS

This citizen journalism image released by Sham News Network purports to show anti-Syrian regime mourners raising their hands on Saturday as they carry the coffins of citizens killed by government troops in Daraa, Syria. According to the Britain-based Syrian Observatory for Human Rights, many died in heavy pre-dawn shelling on the city, where the uprising began in March 2011. THE ASSOCIATED PRESS

Quoted

"There are indications that a large number of civilians are trapped in these towns."

Ahmad Fawzi, spokesman for envoy Kofi Annan, in a statement

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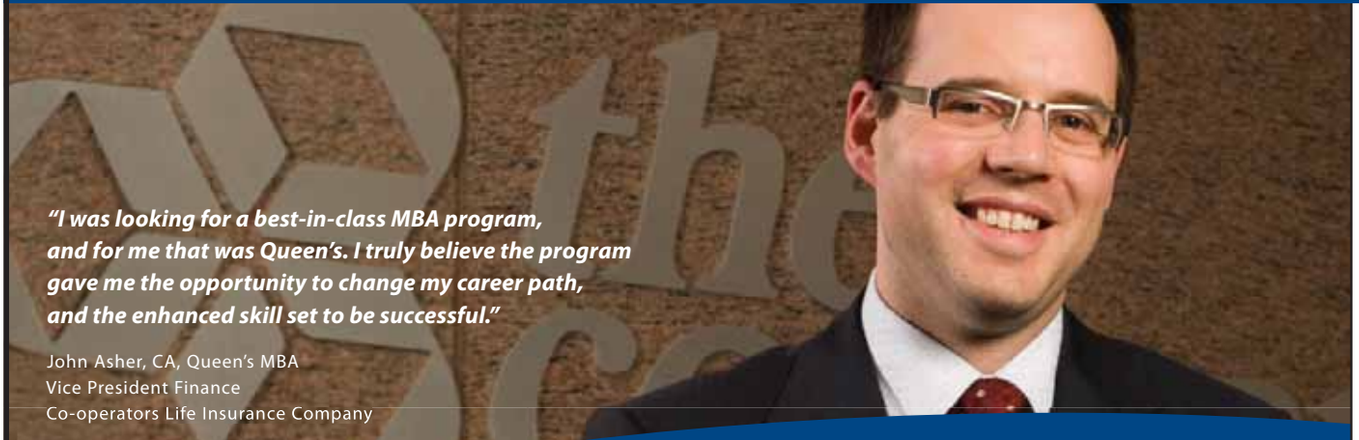

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100 feared killed in Afghan quake and landslide

Hindu Kush. In one mountain village, buildings were completely buried by a massive landslide

As many as 100 people are feared dead in an earthquake and landslide that buried more than 20 houses in northern Afghanistan on Monday.

Rescuers have so far pulled two women's bodies from the rubble of the landslide in Baghlan province, said provincial Gov. Abdul Majid.

The UN confirmed one other death and said houses were destroyed across five districts.

A massive landslide of mud and rocks buried houses so deep in the remote mountain village of Sayi Hazara that rescuers gave up trying to use shovels to dig through.

There were no visible signs of the buildings underneath. "We need bulldozers or other machinery," said Jawed Basharat.

THE ASSOCIATED PRESS

Earthquake details

An earthquake measuring a magnitude 5.4 struck the Hindu Kush region Monday morning, followed by a 5.7 quake, the U.S. Geological Survey said. Both were felt as far away as the Afghan capital, Kabul, where buildings shook.

- Officials knew how many houses were buried only from information provided by area residents, who said between 25 and 30 houses "disappeared" in the landslide.

Afghanistan. Coalition airstrikes on civilian homes to be curtailed

From left, head of coalition forces Gen. John Allen, U.S. Defense Secretary Leon Panetta and U.S. Ambassador Ryan Crocker in Kabul. THE ASSOCIATED PRESS

The U.S.-led military coalition in Afghanistan is limiting airstrikes against civilian homes to self-defence for troops.

This follows a strike last week that killed women and children alongside insurgents, a spokesman for the alliance said Monday.

Such airstrikes are now being designated a weapon of last resort to rescue soldiers — this will cut back their use.

Though airstrikes on homes are a small part of the international operations in Afghanistan, they have brewed resentment among Afghans, even when there are no casualties, because of the sense that homes and privacy have been violated.

Civilian deaths from such operations have threatened to derail the Afghan-U.S. alliance. A pact signed by the Afghan government and the U.S. military in April, putting Afghans in charge of joint raids in villages, was supposed to ease these tensions.

Of the 3,000 NATO airstrikes in the past six months, only 10 of them were against civilian homes. Of those 10, seven resulted in civilian casualties.

THE ASSOCIATED PRESS

Afghanistan

Pregnant woman killed by bomb

An ambulance struck a roadside bomb while rushing a pregnant woman and her family to a hospital in northern Afghanistan on Monday, killing the woman and four of her family members, the Interior Ministry said.

The incident makes a total of nine civilians killed in insurgent attacks or bombings in one day.

The dead included two women and two children, while another two people were wounded, the ministry said. The vehicle hit the explosive in Sar-e-Pul city, the capital of the northern province of the same name. Earlier Monday, two women and two children were killed in the east when a mortar fired by insurgents hit their home in Ghazni province's Gilan district.

The militants appeared to be aiming for a building nearby. THE ASSOCIATED PRESS

Egypt

Mubarak gravely ill and depressed

Doctors used a defibrillator twice on Hosni Mubarak when they could not find a pulse Monday, the latest health crisis for the ousted Egyptian dictator since he was sentenced to life and moved to a prison hospital nine days ago.

Mubarak is slipping in and out of consciousness.

THE ASSOCIATED PRESS

Former Egyptian dictator Hosni Mubarak is taken to court in 2011. THE ASSOCIATED PRESS FILE

Students survive 9-day ordeal in N.Z. wilderness

Lived to tell tale. Young American couple made it on trail mix after a snowstorm blocked their way back to civilization

Two U.S. students trapped in the New Zealand wilderness by a snowstorm trekked back out to safety after surviving their nine-day ordeal by rationing their meagre supplies of trail mix and warming themselves in hot springs.

Alec Brown and Erica Klintworth, both 21, returned to the city of Christchurch on Monday after meeting up with members of a search team — famished but otherwise in good shape, police said.

The two students, on a foreign study program in New Zealand with the University of Wisconsin Stevens Point, had planned to hike and camp for a few days at some hot springs on the country's South Island. But heavy rains and a snowstorm during the Southern Hemisphere winter prevented the couple from being able to cross a river and return.

"Unfortunately it rained and rained, day after day, and snowed," Alec Brown wrote in an email to The Associated Press Monday.

He said the nights were tough to take because the rain and sleet pounded down on the tarpaulin covering their sleeping hammock and the river roared — reminding them all the time of their predicament.

When they realized they were going to be stuck they started rationing: "a biscuit and jelly one day," Brown wrote "and even less another."

It wasn't until Sunday, Brown said, that the river finally seemed safe enough to cross again. He and Klintworth prepared for their hike out by cooking up a "good meal" of rice, marshmallows, peanut butter and chocolate, he said.

THE ASSOCIATED PRESS

Raised the alarm

The couple's ordeal began June 1 when friend Katie Jenkins, another UW student, dropped them off at a national park on the South Island's West Coast so they could hike and camp for a few days.

- "They were just going to the hot springs, to chill out and study for finals," Jenkins said.
- She continued with her own travels and didn't realize the couple were missing until eight days had passed, which is when she raised the alarm.

In this photo provided by Alec Brown, Alec, right, and his girlfriend Erica Klintworth pose near mountains at an unknown location. The two 21-year-old American students walked out of the New Zealand wilderness Sunday after a snowstorm trapped them for nine days. ALEC BROWN/THE ASSOCIATED PRESS

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British Prime Minister David Cameron and his wife Samantha appear at a party conference in this file photo. THE ASSOCIATED PRESS FILE

British PM leaves daughter, 8, in pub

Family outing. Child was separated from parents for 15 minutes — until Cameron popped round the Plough to collect her

It's every parent's nightmare — get home, and realize a child is missing.

British Prime Minister David Cameron's office confirmed Monday that he accidentally left his eight-year-old daughter Nancy in a country pub after a family Sunday lunch.

Officials said the incident happened "a couple of months ago," as the family was leaving the pub near Chequers, a country house prime ministers use while in office, west of London.

Nancy had gone to the bathroom while Cameron and the rest of the family piled into two cars to drive back to the house.

Cameron was travelling in one car with his bodyguards and assumed that she was in the other car with his wife Samantha and two other children. Samantha assumed Nancy was with her father, and they only realized she was missing when they got home.

In a statement, Cameron's Downing Street office said "the prime minister and Samantha were distraught when they realized Nancy wasn't with them. Thankfully when they phoned the pub she was there safe and well."

Nancy was separated from her parents for around 15 minutes until Cameron arrived to collect her from the Plough in the village of Cadsden, officials said.

Sunday pub lunches have long been traditional in Britain, with fare often including roast beef, potatoes, and salad along with red wine, beer or ale.

THE ASSOCIATED PRESS

Partisan era. Reagan, dad, wouldn't have fared well in today's GOP: Jeb Bush

Former Florida Gov. Jeb Bush
THE ASSOCIATED PRESS FILE

Respected Republican Jeb Bush suggested Monday that neither adored conservative icon Ronald Reagan nor his own father, George H.W. Bush, would have enjoyed much success in today's ultra-conservative, intensely partisan Republican party.

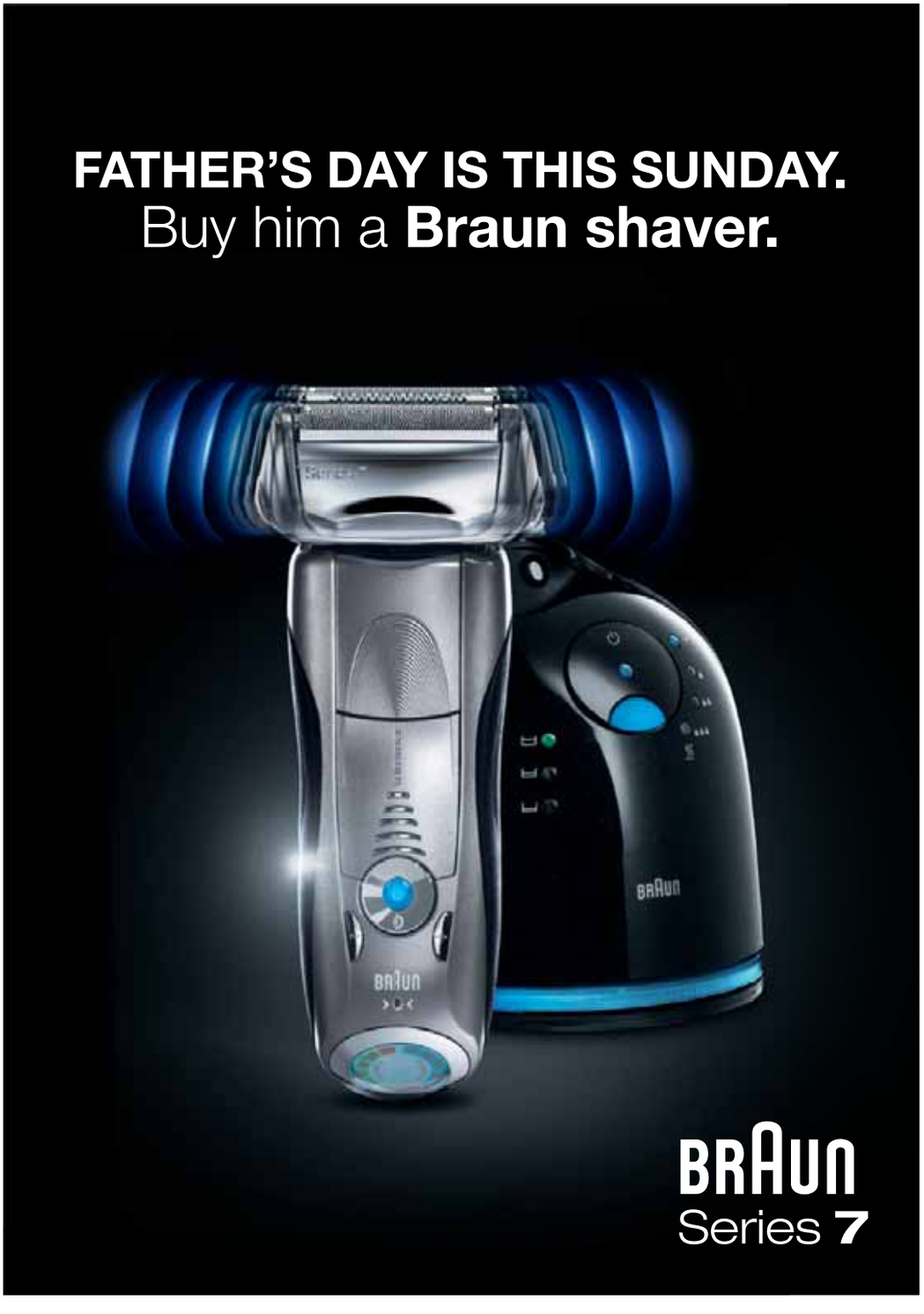
"They got a lot of things done with bipartisan support, but right now it's just difficult to imagine," Bush, brother of the 43rd U.S. president and son of the 41st, said in a roundtable discussion with reporters and editors held by Bloomberg View in Manhattan.

"Ronald Reagan would have, based on his record of finding accommodation, finding some degree of common ground, as would my dad — they would have a hard time if you define the Republican party — and I don't — as having an orthodoxy that doesn't allow for disagreement, doesn't allow for finding some common ground."

Bush, a moderate believed to be eyeing a run for president in 2016, called the partisanship disturbing, but added he thinks it's "temporary." THE CANADIAN PRESS

Water-dropping chopper

A helicopter makes a water drop on the High Park wildfire near Fort Collins, Colo., on Monday. While that fire burns out of control in northern Colorado, an unchecked blaze is choking a small community in southern New Mexico. ED ANDRIESKI/THE ASSOCIATED PRESS



Greek extremist suing politicians he attacked on TV

Avoided arrest. Party spokesperson claims he was hit first

The Greek extreme-right party spokesman who caused an uproar last week by slapping one female politician on live TV and throwing a glass of water on another has sued the two women as well as the television channel that hosted the news show.

The move Monday by Ilias Kasidiaris, the 31-year-old spokesman for the extremist Golden Dawn party, is the latest twist in a bizarre political saga. Kasidiaris himself avoided an arrest warrant for the confrontation last Thursday, resurfacing late Sunday after the warrant had expired.

Kasidiris appeared at an Athens court Monday, flanked by other party members, to submit lawsuits against

Ilias Kasidiaris
PETROS KARADJIAS/THE ASSOCIATED PRESS

Communist Party candidate Liana Kanelli and Syriza party member Rena Dourou on charges of alleged unprovoked insults and against Antenna television for alleged illegal detention.

Authorities had issued an arrest warrant for Kasidiaris after he threw water over Dourou and then slapped Kanelli hard three times across the face during a heated discussion on a morning political show Thursday. A video of that show has been widely seen on the Internet.

Under Greek law, an arrest warrant for a misdemeanour must be carried out by midnight the day after the act has occurred, in which case a trial is immediate. If the suspect is not apprehended within that time frame, the case turns into a judicial procedure in which a trial date is set, often for several months or even years later.

Kasidiaris laid low immediately after the incident, but resurfaced Sunday evening at the opening of a Golden Dawn office in an outlying part of Athens.

Kasidiaris argues that he was provoked by insults during the television show and that the 58-year-old Kanelli hit him first with a newspaper.

THE ASSOCIATED PRESS

Thwarting Russian protesters

An investigator guarded by Russian police officers carries a box after a police search in Russian opposition leader Alexei Navalny's flat in Moscow on Monday. Russian investigators searched the apartments of several protest leaders and called them in for questioning Tuesday, making it difficult if not impossible for them to lead a mass demonstration against President Vladimir Putin planned for Tuesday's national holiday. LEONID LEBEDEV/THE ASSOCIATED PRESS

Tough call to make

KKK group applies for Adopt-a-Highway program

A Ku Klux Klan group is trying to join Georgia's Adopt-A-Highway program for litter removal, creating a quandary for state officials.

The International Keystone Knights of the KKK applied last month to adopt a short stretch of Route 515 in the Appalachian Mountains.

THE ASSOCIATED PRESS

Ironic

Kindness of America writer shot

A man who is hitchhiking across the U.S. and writing a memoir called The Kindness of America was hurt in a random, drive-by shooting, authorities said.

Ray Dolin was sitting by a rural highway in Montana waiting for a ride Saturday when a man drove up, shot him in the arm and drove off, a sheriff said. Dolin approached the truck thinking the driver was offering him a ride, the sheriff said.

THE ASSOCIATED PRESS

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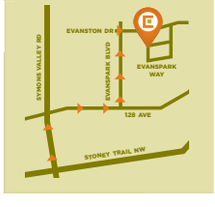

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Cowbells back at Bomber games after fans make some noise

Sports. Winnipeg Blue Bombers reverse ban on popular noisemaker, but say homemade devices will not be allowed

ELISHA DACEY
Metro in Winnipeg

After a wail of protest from fans, cowbells will again be permitted at Winnipeg Blue Bombers home games.

"After listening to our fans, we would like to inform everyone that over-the-counter-purchased cowbells will be permitted at home games this season, but homemade noisemakers such as empty paint cans with rocks inside or any other device that may be deemed unsafe by our security staff will not be permitted," said Bomber VP Jim Bell in a prepared statement.

Despite the sudden change in policy from the Bombers, Bell insists the team is not backpedalling and said he only received one email complaining about the new policy.

"We got together this morning and decided what is best in terms of safety for the most loyal fans in Canada."

Bell also responded to accusations that fan complaints are on the rise and that is why they have had to create more policies. "I would say the complaints are less, but you don't sit on it. We try to get better off the field with all of our policies."

Bomber spokesperson Darren Cameron originally told media the club received numerous complaints about things like cowbells, drums and other noisemakers and the club had moved to ban the noisemakers.

Elliott High, 36, a five-year season-ticket holder said he was bewildered by the debate. "I don't see the point of (banning noisemakers) in the first place, but I understand issues could happen. If there's a guy in the upper deck and he drops something onto the crowd in the lower deck, I guess I can see it." High said he's never been annoyed by a cowbell at a game. "I think the noise and yells from the crowd far, far outweigh the noise from a cowbell."

The reaction online Monday morning, however, was swift and negative. "Pretty choked about the 'no cowbells' rule considering the Bombers were selling the things just last year," said @jasonkressock on Twitter.

The Bombers also plan to ban flag poles and water bottles from outside the stadium.

WITH FILES FROM DAVE BAXTER/METRO

Forward pedalling?

"You can call it backpedalling if you like. We choose to call it (being) proactive on behalf of the club."

Bomber VP Jim Bell on the decision.

Dream Belieber

A girl sleeps under a picture of Justin Bieber near Mexico City's main plaza, the Zocalo, Sunday. Thousands of school-skipping tween girls and their parents streamed into the historical plaza on Monday, hoping to get the best spots for a free concert by teen superstar Bieber. MARCO UGARTE/THE ASSOCIATED PRESS

Guam

Man fakes own kidnapping to get cash from mom

Police in Guam have arrested a man for pretending to be kidnapped so that his mother would pay ransom money.

According to court documents, Justin Roy Jacosalem Santos told his mother he was being held hostage by a man with a gun. The mother paid $1,730 US in four payments.

THE ASSOCIATED PRESS

Autism research

Brains damaged when freezer goes on the fritz

Scientists say a freezer malfunction at Harvard-affiliated McLean Hospital has damaged one-third of the world's largest collection of autism brain samples.

Dr. Francine Benes, director of the Harvard Brain Tissue Resource Center, says it was "a priceless collection." One hundred and fifty thawed brains had turned dark from decay.

THE ASSOCIATED PRESS

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Location: CMA Alberta Training Centre
300, 1210-8th Street SW
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Online session: June 27, 2012
Noon

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RICHARD FLORIDA

Called "close to a household name" by *The Economist*, listed on Esquire's "The Best and the Brightest", dubbed an "intellectual rock star" by *Fast Company*, and recognized by *TIME* as having one of the most influential twitter feeds in the world, urban theorist Richard Florida is coming to Calgary.

Florida is the author of several influential best sellers, including *The Rise of the Creative Class*, which has been called "one of the best business books of all time." His latest book, *The Great Reset*, argues that long-term economic recovery means reinventing the way we live and work.

Florida is a Director of the Martin Prosperity Institute at the University of Toronto's Rotman School of Management, and founder of the Creative Class Group.

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South Asian 'Spring'?

Supporters of Bangladesh's 18-party opposition alliance hold a mass rally in Dhaka, Bangladesh, Monday. The opposition led by former prime minister Khaleda Zia is demanding that the government restore a caretaker government system to oversee the next general elections slated to be held in 2014.

ZIA ISLAM/THE ASSOCIATED PRESS

Sectarian tensions rise in Myanmar

Clashes. President blames violence on grievances, vengeance of ethnic groups

A resident throws water at a house in flames in Sittwe, Myanmar, Monday. KIHN MAUNG WIN/THE ASSOCIATED PRESS

With residents cowering indoors, security forces patrolling a tense town in western Myanmar collected bodies Monday from homes burned to ashes in some of the country's deadliest sectarian bloodshed in years.

The conflict along ethnic and religious lines has left at least seven people dead and hundreds of homes torched since Friday and poses one of the biggest tests yet for Myanmar's new government as it tries to reform the nation after generations of military rule. The handling of the unrest will draw close scrutiny from Western powers, which have praised President Thein Sein's administration and rewarded it by easing years of harsh economic sanctions.

Thein Sein declared a state of emergency in the region late Sunday and pleaded for an end to the "endless anarchic vengeance," warning that if the situation spun out of control, it could jeopardize the democratic reforms he has begun.

The unrest — triggered by the rape and murder last month of a Buddhist girl, and the lynching of 10 Muslims in apparent retaliation — stems from long-standing tensions.

The region's Rohingya Muslims are seen by the government as illegal migrants from Bangladesh and are not recognized among Myanmar's ethnic minorities. Though some are recent settlers, many have lived there for generations. The government position has rendered the Rohingyas effectively stateless, and rights groups say they have long suffered discrimination. THE ASSOCIATED PRESS

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First anti-terror convict's appeal now underway

Supreme Court. Defence will argue life sentence too harsh for crime, offender

The life sentence imposed on the first man convicted under the country's anti-terror law is unprecedented and should be reduced, the Supreme Court of Canada was told Monday.

Momin Khawaja, a former Ottawa software developer, is serving life in prison with no parole eligibility for 10 years.

Khawaja was originally sentenced to 10 and a half years in prison after his conviction in 2008, but the Ontario Court of Appeal imposed the stiffer sentence when he appealed his case.

Khawaja's lawyer urged the Supreme Court to overturn that sentence and re-establish the original penalty.

Momin Khawaja THE CANADIAN PRESS

"I am asking the court to say this unprecedented increase in sentence was wrong," lawyer Lawrence Greenspon argued Monday.

"A life sentence in this case is unfit for the offence and the offender."

Khawaja was convicted in 2008 of training at a remote camp in Pakistan, providing cash to a group of British extremists and offences related to building a remote-control detonator.

The prosecution failed to prove Khawaja knew the detonator was to be used to detonate a 600-kilogram fertilizer bomb in downtown London. But Greenspon said the appeal court held Khawaja responsible for that offence when it upped its sentence.

Khawaja's appeal is also focused on the legal definition of what constitutes "terrorist activity." His lawyer argues that the law is unconstitutional because it violates Khawaja's right to express political and religious views.

Greenspon said the motive clause in the law "will have a chilling effect" on free-speech rights. THE CANADIAN PRESS

Assault, abduction. Teen girls charged with human trafficking and pimping

JESSICA SMITH
Metro in Ottawa

Police have charged two 15-year-old girls with human trafficking for the forced prostitution of three other teenaged girls, a case investigators believe is unprecedented.

The girls are also charged with sexual and physical assault, forcible confinement, uttering threats, and abduction. Officers are looking for a third suspect, a 17-year-old girl.

The three female victims are aged 13 to 17. They were lured by the accused girls via social media and other means, and were forcibly confined and threatened, said Ottawa police staff sergeant John McGetrick.

"They were taken to other places for the purposes of prostitution," he said.

The victims were separately forced into prostitution; one on May 19, the second on May 31, and the third on June 3, he said.

"In checking with the RCMP, who have a lot of expertise in human trafficking, they are not familiar with another case of this nature," said McGetrick. "It's shocking."

McGetrick would not say if the accused girls had ever been victims of trafficking or prostitution themselves.

If anyone has information about this crime or similar crimes they are asked to contact the Ottawa Police Service Sexual Assault/Child Abuse hotline at 613-236-1222, ext. 5944 or Crime Stoppers toll free at 1-800-222-8477.

Montreal protest. Group calls for review of police actions over weekend

Montreal police are being accused of political profiling — of searching and detaining people wearing the red square, the symbol of Quebec's protest movement.

A Quebec student group is calling for an independent inquiry into police actions over the Formula One Grand Prix weekend while also gathering details from recent weeks for a potential lawsuit.

The group, the more hardline CLASSE student association, is now gathering testimonies from people who say their civil rights were violated.

Police denied the accusation that they specifically targeted red-square wearers. They admitted to searching out people they deemed suspicious, and of using preventive arrests, but they said they were acting under constitutionally reasonable grounds, for legitimate security reasons.

The CLASSE group says it has received testimony from about 100 people who said they were victims of preventive detentions and political profiling. "What we've been seeing these last few weeks, and what we saw this weekend in particular, is really without precedent," CLASSE co-spokesman Gabriel Nadeau-Dubois said Monday.

Police said the biggest annual tourist event in Canada had been threatened.

Meanwhile, Quebec student activist Mathieu Girard was arrested while heading to his sister's funeral on Monday, an act his lawyer described as "completely inhumane." Girard could face criminal-mischief charges for acts committed during protests. THE CANADIAN PRESS

Dongguk University

Lawsuit against Yale thrown out

A U.S. judge has dismissed a lawsuit against Yale University by a South Korean university that claimed it lost tens of millions of dollars after Yale damaged its reputation.

Dongguk University claimed in the 2008 lawsuit that Yale wrongly confirmed that an art history professor Dongguk hired earned a doctorate at the school.

Court papers say Shin Jeong-ah later had a scandalous affair with an aide to South Korea's president at the time.

Dongguk sued Yale for more than $50 million, saying it lost that amount in government grants, alumni donations and the costs of building a law school the government later refused to approve.

The judge dismissed allegations of defamation and negligence, saying there was a lack of evidence of malice.

THE ASSOCIATED PRESS

Red Hot Chili Peppers

Drummer Chad Smith booed

The drummer for the Red Hot Chili Peppers was booed at an Ohio show, highlighting the deep football rivalry between Ohio State University and the University of Michigan.

Drummer Chad Smith was booed by a large crowd at Ohio State University last week after he began to sing a few lyrics to Michigan's fight song.

Smith walked around the stage after the band's encore performance last Monday and threw his drumsticks into the crowd.

Then he grabbed the microphone and began to sing the lyrics to "The Victors."

The Columbus crowd immediately began to boo him as he dropped the microphone and walked away.

Smith didn't attend Michigan but grew up in the Detroit area.

THE ASSOCIATED PRESS

Former Penn State University assistant football coach Jerry Sandusky arrives at court Monday for trial. GENE J. PUSKAR/THE ASSOCIATED PRESS

Ex-football coach a serial predator, court hears

Jerry Sandusky. Trial of former Penn State assistant coach, who's charged with abusing 10 boys, begins

The prosecutor called Jerry Sandusky a serial predator in opening statements Monday, while a defence lawyer said the young men accusing the former Penn State assistant football coach of sexual abuse had a financial interest in the outcome.

Senior Deputy Attorney General Joseph McGettigan III opened Sandusky's highly anticipated trial Monday by telling jurors that the 68-year-old retired coach was a pedophile who took advantage of fatherless children or those with unstable home lives and sexually abused them for years.

McGettigan said he would prove that the abuse included oral and anal sex involving boys Sandusky met through a children's charity.

Sandusky faces 52 criminal counts that he sexually abused 10 boys over 15 years, allegations he has denied.

THE ASSOCIATED PRESS

Dark day for college ball

Sandusky's lawyer, Joe Amendola, said the young men who would take the stand are accusers, not victims. He said jurors may find it odd that Sandusky showered with children, but that it was innocuous, and part of Sandusky's upbringing.

- Two Penn State administrators are awaiting trial on charges they failed to properly report suspected abuse and lied to the grand jury.
- His arrest and the fallout led to departures of longtime football coach Joe Paterno and the university president.

Ready to rock despite Curious glitch

Mars, prepare for a visitor. Craft still heading for crater after being given clean bill of health

The latest NASA spacecraft to head to Mars is due to land in August, even as engineers are troubleshooting a contamination issue with one of its instruments.

Mission managers said Monday the near-one-tonne rover named Curiosity looks healthy.

It is headed for a crater near the Martian equator on a two-year mission to study whether the environment could have been suitable for primitive life.

The mission has been nagged by an issue with the rover's drill that will bore into Martian rocks.

Inspector gadget

Tricks up its sleeve.

- Curiosity rover has a set of tools at the end of its arm, which extends about two metres.

Before launch, tests showed that when handled a certain way, the drill produced a contaminant that could leak into samples gathered.

A team has been studying ways to get around the problem.

Project manager Pete Theisinger says he's confident Curiosity will still achieve all its goals.

THE ASSOCIATED PRESS

An artist's rendering of Curiosity rover. NASA/JPL-CALTECH/THE ASSOCIATED PRESS

Bias-free from Beirut?
New TV station said to reflect 'reality as it is'

A new pan-Arab TV station that went on the air Monday courts viewers who see mainstream coverage of the political upheaval sweeping the Middle East as biased against the regimes in Syria and Iran and their close ally in Lebanon, the powerful Shiite militant group Hezbollah.

The Beirut-based station Al-Mayadeen, Arabic for The Squares, hopes to counter the influence of regional media heavyweights like Al Jazeera and Al-Arabiya, both funded by oil-rich Sunni Gulf Arab countries that have backed the uprising against Syrian President Bashar Assad. It also promises to support the Palestinian cause and all forms of "resistance" — a term in Mideast parlance usually used to describe Hezbollah and other groups that fight Israel.

Al-Mayadeen is headed by Ghassan bin Jiddo, a well-known Tunisian journalist who quit Qatar-based Al Jazeera last year to protest what he contended was one-sided reporting in favour of the Syrian opposition. Since the Syrian revolt began 15 months ago, some Arabs have accused Al Jazeera of whipping up public opinion against Assad's regime and playing on sectarian tensions.

"I am against any media that may deviate to the level of provocation, incitement and sedition," bin Jiddo has said of his resignation from Al Jazeera.

Bin Jiddo has pledged a balanced and professional approach at Al-Mayadeen, but his background has skeptics wondering whether the station will simply be a mouthpiece for Iran and Syria. Bin Jiddo used to lead Al Jazeera's Beirut operations and was the only journalist who was granted an interview by Hezbollah leader Sheik Hassan Nasrallah during the 2006 war between Israel and Hezbollah.

"We do not speak in the name of Iran or the Syrian regime, we are a completely independent channel which reflects reality as it is," bin Jiddo said at a press conference in Beirut this week.

THE ASSOCIATED PRESS

Crash landing

Autonomous aircraft goes down

The U.S. navy says an unmanned aircraft has crashed on Maryland's Eastern Shore, and there are no injuries.

A spokeswoman for the Patuxent River Naval Air Station's Unmanned Aviation and Strike Weapons program says a 13-metre unmanned aircraft on a routine maintenance flight crashed around noon Monday.

U.S. Coast Guard Petty Officer Jonathan Lindberg says that the Coast Guard is setting up a safety zone around the marshy area.

THE ASSOCIATED PRESS

Seeing stars

Geezer galaxy: Oldest solar system found?

A team of Japanese astronomers using telescopes on Hawaii say they've seen the oldest galaxy, a discovery that's competing with other "earliest galaxy" claims.

The Japanese team calculates its galaxy was formed 12.91 billion light-years ago, and their research will be published in the Astrophysical Journal.

The scientists with the National Astronomical Observatory of Japan used the Subaru and Keck telescopes on the summit of Mauna Kea.

THE ASSOCIATED PRESS

Markets not affected by budget delays

Omnibus bill. Harper government selling speedy passage of C-38 as essential to job creation, economy

The political brouhaha over the Harper government's massive omnibus budget bill seems to have raised barely a ripple in the arena it's supposed to matter most — equity and financial markets.

That's because regardless of the merits of the 425-page bill under scrutiny in Parliament, economists say there are few worries on Bay Street that at the end of the day the budget will be rejected, an unusual response given the way the government has sold the urgency of passing C-38 — and quickly.

For the past several weeks, Tory ministers have pressed the case that delay is not an option given the fragile nature of the economy and that jobs and growth were at stake.

Budget components

The budget's major themes have an eye to the long game — free trade and innovation as economic drivers, a more sustainable public-pension system that won't kick in until 2023, changes to environment-protection rules to speed up future resource projects, and tweaks to employment insurance eligibility rules to encourage job seeking.

On Sunday, Tory House Leader Peter Van Loan characterized the issue in stark terms.

"The NDP and Liberals' obstruction and delay is a threat to Canada's economic growth and prosperity," he affirmed in a release.

The opposition dismissed such warnings as so much hooey, that, in Green party Leader Elizabeth May's words, they "would be laughable if it weren't so serious."

THE CANADIAN PRESS

Craig Federighi, vice president of Mac Software, talks about the new Mountain Lion software during the Apple Developers Conference in San Francisco on Monday. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

iPhone 'friends' Facebook

Fresh off a disappointing initial public offering, Facebook is getting a big boost from Apple, which is building the social network deep into its iPhone and iPad software.

With the next version of Apple Inc.'s software, users will be able to update their Facebook status by talking to their phones. Users will also be able to "Like" movies and apps in Apple's iTunes store, Apple executive Scott Forstall said in San Francisco at Apple's annual developers' conference.

Siri, Apple's voice-command application, will add a host of new languages, including Spanish, Korean and Mandarin Chinese, Forstall said. "She" will also be able to launch applications and movies. She will also run on iPads for the first time.

Apple says the new software, iOS 6, will launch this fall. It updates the software annually, usually coinciding with the release of a new iPhone.

Even as Apple lends Facebook a hand, it's cutting off one of its links to Google Inc., which makes a rival suite of software for smartphones. IOS 6 will use Apple's own Maps applications rather than Google's. The application will come with traffic reports and turn-by-turn navigation.

Apple also said the new version of its Mac operating system, Mountain Lion, will go on sale next month for $20 US. The update brings features from Apple's phone and tablet software, like the iMessage texting application, to the Mac.

THE ASSOCIATED PRESS

Microsoft

The Orwellian future of ads?

Microsoft has filed patents for systems that can scan online activity, including facial expressions captured in video conversations, to detect a user's emotions in order to match online advertisements with their moods. A recently surfaced patent application describes pairing advertisers with users in a particular emotional state. This would see weight-loss ads matched with unhappy people (who are more likely to want to change their lifestyle) and electronic ads with happy people (more likely to spend). TORSTAR NEWS SERVICE

Market Minute

DOLLAR 96.97¢ US (-0.4¢)

TSX 11,401.78 (-98.85)

OIL $82.70 US (-$1.40)

GOLD $1,596.80 US ($5.40)

Natural gas: $2.218 US (-8.1¢)
Dow Jones: 12,411.23 (-142.97)

Europe taking important steps to steady banks: Carney

Watchful eye

Political, economic and regulatory officials from around the world are meeting at the four-day conference amid the financial crisis in Europe.

- Riot police kept a watchful eye on protesters while security officers blocked the entrance at the downtown Montreal hotel.

Europe is taking important steps to resolve weaknesses in its banking system that threaten one of the world's largest economic powerhouses, Bank of Canada governor Mark Carney told an economic conference Monday.

Carney said moves to centralize and recapitalize banks on a European rather than national basis will help to "break the increasingly toxic links between banks and sovereigns."

Earlier Monday, the International Economic Forum of the Americas was told Europe faces severe challenges but is taking the right steps by solidifying the banking system of its weakest members.

Michel Barnier, European commissioner responsible for internal market and services, told the conference he didn't think Europe is at "one minute to midnight." Spain became the fourth European country to seek a bailout, receiving up to $125 billion US for its banks in a deal announced on the weekend following help provided for Greece, Ireland and Portugal.

THE CANADIAN PRESS

Bank of Canada governor Mark Carney speaks at the International Economic Forum of the Americas in Montreal on Monday. GRAHAM HUGHES/THE CANADIAN PRESS

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Brown accuses Murdoch of tabloid attacks

Media ethics inquiry. Former British Prime Minister says media baron's newspaper undermined war in Afghanistan

Former British Prime Minister Gordon Brown on Monday accused a Rupert Murdoch-owned tabloid of personally attacking him, failing the British people and undermining the war in Afghanistan through its coverage of the conflict.

In an often bitter attack on the Murdoch press in testimony to Britain's media ethics inquiry, Brown directly contradicted Murdoch's claim that the then-prime minister had made an abusive phone call to the media mogul in 2009. Murdoch told the inquiry last month that Brown had vowed to "make war on your company" after

Tweet

"Gordon rewrites history to shoot the messenger."

Tom Newton Dunn, The Sun's political editor in a tweeted response to Brown's testimony

The Sun switched its support to the Conservatives.

"It didn't happen," said Brown, adding that he had been shocked to hear Murdoch make the allegation under oath.

Brown is the first in a string of current and former political leaders to appear this week at the inquiry, set up amid a tabloid phone-hacking scandal to examine malpractice in the media and ties between politicians, police and the press.

Brown told the judge-led inquiry that instead of covering the difficult decisions facing his government, The Sun had concluded "that I personally did not care about our troops in Afghanistan." THE ASSOCIATED PRESS

Former British Prime Minister Gordon Brown leaves the High Court with his wife Sarah after giving evidence at the Leveson Inquiry in London, Monday.
TIM HALES/THE ASSOCIATED PRESS

Spanish bailout. Investor glee turns to debt concern

Euphoria over a lifeline of up to $125 billion US to rescue Spain's hurting banks morphed into a financial markets rout in a matter of hours Monday, as investors digested the still-undefined plan and became concerned the country may be unable to repay the new loans.

The rate on Spanish 10-year bonds — a measure of market trust in a country's ability to repay debt — rose to an alarmingly high yield of 6.47 per cent at the close of trading after falling to six per cent in the morning. And the benchmark IBEX-35 stock index closed down 0.5 per cent after surging six per cent in the morning.

Overshadowing Spain's acceptance over the weekend of a bailout for banks burdened by toxic property assets and loans are Greek elections next weekend and concerns that the anti-bailout left-wing party Syriza could become the largest party in parliament, putting the country's membership in the zone at risk.
THE ASSOCIATED PRESS

Quoted

"Plenty of risk still remains in place, with question marks over the ability of Spain to repay the debt."

Anita Paluch of Gekko Global Markets in a note to clients

Demonstrators hit pots during a protest against the financial crisis and the latest government economic measures in Sol square, Madrid, on Sunday.
DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Social media

Facebook finding fewer friends, report states

Facebook's growth appears to be slowing, particularly in the U.S., according to a report in the Wall Street Journal. Unique U.S. visitors to the wildly popular social media site rose five per cent in April to 158 million, according to comScore.
THE ASSOCIATED PRESS

Google

French publishers agree to end copyright clash

Google and a group of French book publishers say they've resolved a long-running dispute over Google's book scanning and indexing efforts. Google and France's National Publishers Association will propose a "framework agreement."
THE ASSOCIATED PRESS

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THERE'S NO DEFENCE FOR DIGITAL SNOOPING

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I hate to admit it, but sometimes I can't resist the urge to take a nosy peek at the contents of my boyfriend's cellphone.

I've never felt suspicious of him, maybe just a bit curious as to what I might find. Fortunately, I've never discovered any incriminating materials or made any startling revelations about our relationship. All I ever find is a series of missed calls from his mother and an embarrassingly low Angry Birds score.

I spy with my little eye

While feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is.

Even though my occasional smartphone spying is relatively harmless, I always feel foolish and irritated with myself afterwards for acting like a jealous teen. Being in a grown-up relationship requires a certain level of trust. So while feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is.

For some people, a logged-in Facebook account or an unlocked iPhone is just too tempting. If you do give in to the urge, it's always a disappointing experience. You'll never find a series of text messages to his or her friends about how amazing you are. Best-case scenario, you'll scroll through a series of boring work emails and perhaps a few photos of the two of you. At worst, you'll catch your partner in a hazardous web of secrecy and lies.

So why do we spy even though we know that no good can come from it? The desire to play detective can stem from many things: suspicions of foul play, insecurity or jealousy. But whatever the reason, even if it is just innocent curiosity, there's no respectable excuse for violating your partner's privacy.

Not only is it morally questionable to breach someone's personal property, it can be an emotional minefield. Hacking into a Facebook account to find proof of infidelity might validate your jealousy, but it isn't going to make you feel any better. The Catch-22, of course, is that you can't confront your adulterous other half without exposing your own immature, unethical behaviour.

Happy, healthy relationships are the result of hard work and open communication. If you're not satisfied with face-to-face dialogue and feel the need to go behind the other person's back, well, then something isn't right.

Ultimately, there is no excuse for betraying your partner's trust in the name of private investigation. So think before you act and be honest with yourself — you're not doing it to learn more about his or her taste in apps, you're hoping to find something incriminating.

And remember, if you go looking for something bad, you're probably going to find it.

Look and you shall find. GETTY IMAGES

Unearthing China's past

THE ASSOCIATED PRESS

Warriors revealed

Standing tall, again, centuries later

A terracotta warrior is unearthed at the excavation site inside the No. 1 pit of the Museum of Qin Shihuang Terracotta Warriors and Horses in Xi'an, in central China's Shaanxi province, in this photo taken on Saturday.

Chinese officials said archaeologists unearthed 110 terracotta warriors that had lain buried for centuries. THE ASSOCIATED PRESS

Researchers unearth statues at the excavation pit. The statues were originally built to guard the tomb of China's first emperor. THE ASSOCIATED PRESS

Historic find

"The most significant discovery this time around is that the relics that were found were well-preserved and colourfully painted."

Shen Maosheng, deputy head of the Museum of Qin Shihuang Terracotta Warriors and Horses archaeology department, speaking to the AFP of the three-year project.

Metropolitan Panel

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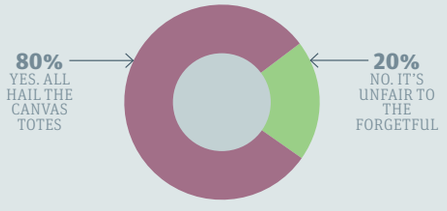

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Saw a lady on the news last night compare #yyc to a 3rd world country due to the boil water advisory. #Ignorant #FirstWorldProblems

@BrodeurNJ30:
This bus smells like coconut. Pleasant alternative to the usual smell of sweat. #yyc

@MrsRobinson__:
Dear #yyc drivers, I know it's scary, but I'm pretty sure it's safe to take your winter tires off...it is June after all.

@destinyzrose:
It's possible that the only way for me to lose weight, not just maintain, is to stop being a foodie. #acceptthefatpants #notgonnahappen #yyc

@CTransit:
Today on #yyctransit the bus driver that wants everyone to move back at every stop. To the back, to the back to the back back back!

metro

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2

SCENE

Scene in brief

Jersey Shore's Cortese arrested

A Jersey Shore cast member has been arrested in the New Jersey town where the MTV show is based. Seaside Heights Police Chief Tommy Boyd tells WNBC TV in New York that Deena Cortese was arrested Sunday afternoon on a disorderly conduct charge. Boyd says a borough officer saw Cortese "a little intoxicated" and standing in the middle of a street, slapping cars that were driving by. Boyd says Cortese was taken to police headquarters and later released on a summons. MTV publicists did not immediately respond to requests for a comment, and a number for Cortese could not be located.
THE ASSOCIATED PRESS

On the web

A moody Mad Men season finale with Don Draper, a man who has it all, except contentment

DVD reviews

Sherlock Holmes: Game of Shadows

Director. Guy Ritchie

Stars. Robert Downey Jr., Jude Law, Jared Harris

It was elementary that there'd be a sequel after the success of Robert Downey Jr.'s first muscular evocation of the Sleuth of Baker Street. But did it have to be this mechanical? Teamed again with Jude Law as his bromantic partner Dr. Watson, Downey gets off a few good lines and achieves some mild suspense. But his first screen pairing with Prof. Moriarty (Jared Harris), the classic Holmes nemesis, is drained of passion for much of the picture. Returning director Guy Ritchie favours endless versions of slo-mo previews of action sequences. Downey, Law and Ritchie need to do some detective work to find more compelling scripts, if this franchise has hope.
PETER HOWELL

In Darkness

Director. Agnieszka Holland

Stars. Robert Wieckiewicz, Benno Furmann

The shorthand description of In Darkness, a stirring work by Polish director Agnieszka Holland, is that it's a subterranean version of Schindler's List. This film and the Steven Spielberg Oscar winner both feature accidental heroes, people moved by circumstance to aid Hitler's prey. Schindler's counterpart is Leopold Socha (Robert Wieckiewicz). He makes In Darkness seem as much a description of his soul as it is of tunnel life beneath the streets of Nazi-occupied Lvov, Poland.
PETER HOWELL

Adam Sandler and Andy Samberg star in That's My Boy, which opens Friday. HANDOUT

Funnyman Sandler ramps up the raunch

That's My Boy. Actor treads into R-rated comedy territory for the first time — with Andy Samberg in tow

NED EHRBAR
Metro World News in Hollywood

Folks who aren't the biggest fans of Adam Sandler's brand of humour might find it hard to believe, but he's never starred in an R-rated comedy — until his latest, That's My Boy, that is. While his rare dramatic efforts generally get the restricted rating, Sandler has stuck firmly in PG-13 territory when it comes to his comedies. And it's paid off for him. In the past five years, only two films starring Sandler — the drama Funny People and last year's dismal Jack and Jill — have grossed less than $100 million at the U.S. box office, and worldwide his movies have pulled in $3.2 billion. So if playing to the middle school crowd had proved so lucrative for him, why risk ramping up the raunch now?

"I've done some stuff in the past few years where I've cursed a bit and it felt good," Sandler admits, though he says his decision to go with the R-rated That's My Boy was purely motivated by the story itself. "It was just a funny script. I liked the idea, and I liked the idea of hanging out with everybody."

But certainly for Sandler — who has proved a savvy producer and executive with Happy Madison Productions — that's not really it. After all, in the past few years R-rated comedies have become a viable proposition for studios once again, especially with the success of films like the Hangover and Bridesmaids. For a man that's made millions keeping it clean, such a sea change couldn't have gone unnoticed.

"It was fun to speak the way that I speak in my bathroom," Sandler says. "I grew up cursing a lot. It felt natural. My parents told me to stop. They weren't enjoying my albums, and they weren't enjoying a lot of the things I did with my life. And then, my father passed away and he's not here to yell at me anymore. I bullied my mother and said, 'Here comes some more dirtiness.'"

Still, as much fun as Sandler had, he insists he's still taking everything on a project-by-project basis — though that of course could change if That's My Boy performs well. "If a movie comes to me that is rated R and I like it and connect with it, I would do that," he says. "But it wasn't a choice. I don't know what I'm doing next. I never know what's coming next."

SNL memories

Sandler's words of advice

Co-starring with Andy Samberg — who recently announced his departure from Saturday Night Live — gave SNL alum Adam Sandler a chance to think about his own departure from the long-running comedy show 17 years ago. "You're scared when you go. SNL is a home," Sandler says. "There are 20 shows a year and you're definitely going to get on some of them and get to do your thing. When that goes away, there's no life jacket. You're just on your own and you've gotta figure it out."

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Wes Anderson serves up a slice of Americana pie with little love story

Moonrise Kingdom.
Director found his inspiration for a youthful romance in a little-known film from England

RICHARD CROUSE
scene@metronews.ca

Moonrise Kingdom opens Friday. HANDOUT

Wes Anderson's new movie is a slice of Americana. Moonrise Kingdom, which opened the Cannes film festival this year, is chock-a-block with Norman Rockwell-isms about small town life.

So it is interesting that the films that helped inspire his story of 12-year-old paramours Suzy and Sam would have all been classified as world cinema.

On the line from London the director calls François Truffaut's Small Change, the story of kids growing up in a French provincial town, as "a great movie and a favourite of mine, and the movie that led me to start thinking about doing something with children as the leads."

He also cites a little-known English movie set in 1750 as a key film while he was "working on the script, looking for inspirations to help propel a story about a romance between characters of this age."

"I had never heard of the great Ken Loach film called Black Jack," he says. "I was just in a video store in London and I saw the very beautiful cover. I didn't really know Ken Loach's work that well. I read the description and I absolutely loved the movie. Black Jack really made a huge impression on me, and inspired some things in the movie."

Casting

Finding the young leads

After auditioning thousands of children, Wes Anderson discovered two unknowns, Kara Hayward and Jared Gilman. "Eventually somebody comes in and the search is over," Anderson says. "There is a flash of lightening and there it is. That's what happened with each of these."

Jared, he says, won the role because, "he made me laugh the way he looked but it was the combination of his appearance and his interview with the casting director that really entertained me and charmed me."

Kara impressed with her reading of the scene. "It sounded to me as if she was inventing the lines spontaneously right there."

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Omar Sy stars in The Intouchables, which opens Friday. HANDOUT

Omar Sy awaits his American reception

The Intouchables.
French actor speculates on the reviews his hit film will receive on this side of the Atlantic

Quoted

"I don't have a formal actor's training, so I went a lot with instinct and what felt right. I would be like a horse galloping and the directors would be handling the reins and reining me back in."

Omar Sy on acting in The Intouchables

NED EHRBAR
Metro World News in Hollywood

French actor Omar Sy is hoping his recent hot streak continues. His latest film, The Intouchables, is already a hit across Europe, in Japan and in his native France, where it has become the second most successful French film of all time and earned Sy a César Award for best actor — beating out the Artist star Jean Dujardin. Now, Sy is hoping to find similar success in North America (it opens here on Friday) — even with an American remake already on the way.

How did you come to be involved with the project?
I had already done three films with the directors, Olivier Nakache and Éric Toledano. As the films went on, the roles that I would play were more and more important, and at the end of the third film they said, "We want to write something for you as the main character," and they showed me the documentary on the real story and said, "If you're in we do it, and if you're not then we don't move forward." And I did.

Did you get to meet the real-life counterparts, Abdel and Philippe, prior to making the film?
Yes and no. I met with Philippe — I went with (co-star) Francois (Cluzet) and the directors to Morocco, where he lives. We talked a lot about his condition and the special treatments he requires. We stayed three days to meet with him. And we also talked a lot about his relationship, of course, with Abdel. What I really remembered was the special bond that they had together. That's really what I took out of that meeting. Abdel I met after the film, the night before the premiere of the movie in Paris. I actually liked not having met Abdel beforehand because already there was a huge pressure that this was based on a real story, and I wanted to bring a lot of myself to the character. That's why I enjoyed meeting him afterward instead of beforehand. Otherwise the pressure would've been even more.

How do you find the balance between creating your own character and telling someone else's story?
I don't have a formal actor's training, so I went a lot with instinct and what felt right. I would be like a horse galloping, and the directors would be handling the reins and reining me back in. So that's how I found the balance.

The movie opens with you behind the wheel of a quite nice Maserati Quattroporte. Did you get to do any of the driving yourself?
Of course. That was a condition for making the film — otherwise I wouldn't have done it (laughs).

The success in France has been fantastic. How do you feel about heading into North America with it?
Because of its huge success not only in France but in countries like Italy, Germany — you know, all over Europe — we're really hoping that in the States it will also have some impact and have some success, because now we've gotten used to all that success and attention. So we're really hoping it will work here.

There's been talk of an American remake as well.
Yes, there will be an American remake, but I don't know when it will film or which actors will star in it. I don't have the details.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lady Gaga ALL PHOTOS GETTY IMAGES

She's on the edge... of passing out: Gaga goes on post head bonk

Lady Gaga reportedly suffered a concussion after a backup dancer accidentally whacked her in the head with a pole during a concert in Auckland, New Zealand, according to Us Weekly.

But while she was seen staggering backward after the blow, the singer continued, finishing her show.

"Gaga has a concussion but she is going to be OK," her makeup artist, Tara Savelo, posted to Twitter Monday. "Can't believe she finished the show."

Getting the job done

"Can't believe she finished the show."

Tara Savelo
Makeup artist Tara Savelo on Twitter

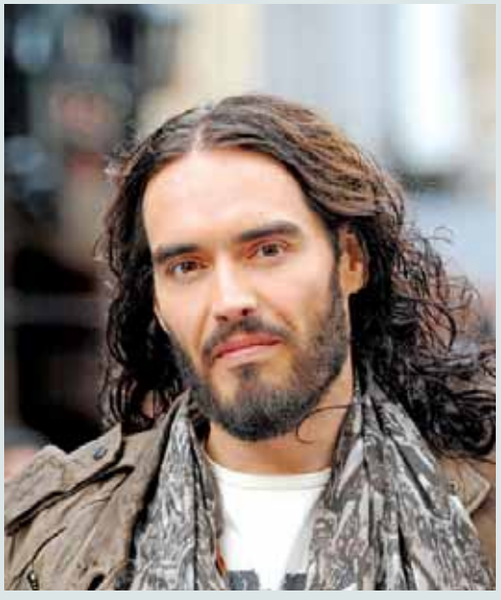
The rock don't mean a thing: J. Lo jewels not about nuptials

Jennifer Lopez stepped out recently with boyfriend Casper Smart — and an eye-catching diamond ring on her left hand, prompting engagement talk about the couple.

But Lopez is quick to shoot them down.

"Rumours! Don't be fooled by the rocks that I got," Lopez says in a statement on her website, quoting one of her hit songs. "No engagement!"

The Word



Brand is going for this look, thank you

THE WORD
Monica Weymouth
scene@metronews.ca

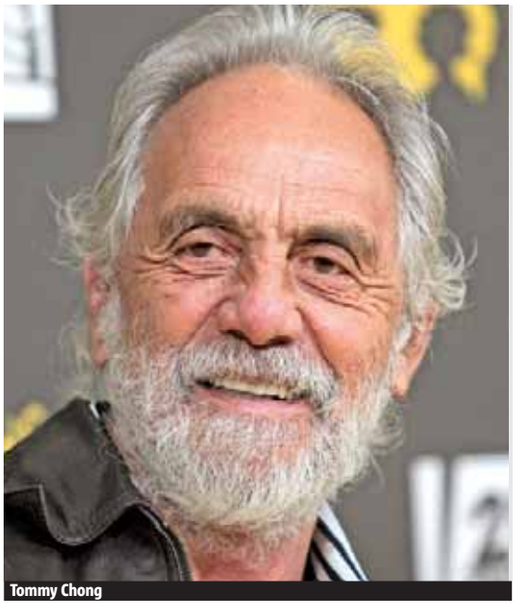
He was on home turf and brought his mom as a date, but even still, Russell Brand couldn't catch a break at the London premiere of Rock of Ages. While the comedian walked the red carpet for his new film, fans yelled that he looked like "Jesus" and a "homeless person."

Brand — like most people confined to skin-tight jeans and ornamental cowboy boots — didn't risk getting in a fight, instead taking it as a compliment.

"I'd like to play Jesus, and wasn't he homeless for a while too?" he answered, according to UK newspaper The Mirror.

He also admitted that his role as a rocker with a wild streak wasn't that much of a stretch.

"When I was lying on the toilet floor I thought, 'Hello, here we are again on my own,'" says Brand, who struggled publicly with drugs and alcohol before sobering up.



Tommy Chong

Chong sicks cannabis against prostate cancer

Tommy Chong, one half of comedy duo Cheech & Chong and a longtime marijuana enthusiast, has revealed that he was diagnosed with prostate cancer — and he's using cannabis to treat the condition, according to CNN. Chong says he started seeing symptoms eight years ago "while incarcerated for selling drug paraphernalia," he says.

Chong is using hemp oil to fight his "slow state one" cancer, "so (legalizing marijuana) means a lot more to me than just being able to smoke a joint without being arrested," he says.

Twitter

@nicolerichie
My cat wants to drop her last name and only go by "Gypsy", that egotistical bitch

@_juliannemoore
I am never listening to my dog about the NBA again.

@aplusk
Are we sure that banning Big Gulps in NY is constitutional?

@SethMacFarlane
From now on, songs are no longer allowed to use the words "baby" or "yeah".

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3 LIFE

Picks of the week

Summer skin pick

Kiehl's AÇAÍ Damage-Repairing Serum: Enriched with anti oxidant açaí berries, this super serum will help restore the tone and elasticity of your sun-damaged skin and ward off the first signs of ageing. Gently massage onto clean skin before you moisturize.

ROMINA MCGUINNESS

On the Web

Study: Cutting isn't just a teen thing — even some seven-year-olds self-injure to cope with stress

Summer skin guide

ADVICE. Don't let a sunburn ruin your summer holiday — or your health. Use the Fitzpatrick Skin Type chart, a skin classification system based on complexion, to determine your tolerance and resistant to the sun's UV rays.

ROMINA MCGUINNESS
life@metronews.ca

Skin-care expert Michelle Moyer, founder of the Pulse Laser & Skin Care Center in New York, helps you identify your skin type, to help you have a sun-filled, but damage-free summer.

Define your type

- **You never or rarely tan and always burn.** Skin type 1
- **You often tan and rarely burn.** Skin type 2-3
- **You always tan and very rarely burn.** Skin type 4

TYPE 1: ala Lily Cole

Natural skin colour before sun exposure: extremely pale or ivory white.
You have: blonde or red hair and light eyes.
Reaction to sun exposure: you never tan.
Sensitivity: highly sensitive to the sun but resilient to peels.

SKIN TIPS:

- **SPF.** 30+ and clothing of UPF (Ultraviolet Protection Factor) of 30+
- **Risk of sunburn on a scale of (1-10).** 10
- **Risk of skin cancer.** high
- **Best time for sun exposure.** before 11 a.m. and after 5 p.m.

TYPE 2: such as Kim Kardashian

Natural skin color before sun exposure: light brown to olive.
You have: brown to dark brown hair with blue, green, hazel or brown eyes.
Reaction to sun exposure: you often tan but occasionally burn.
Sensitivity: Moderately sensitive to the sun.

SKIN TIPS:

- **SPF.** 30+ with a PPD factor 8 (Persistent Pigment Darkening)
- **Risk of sunburn (1-10).** 6
- **Risk of skin cancer.** medium
- **Best time for sun exposure.** before noon and after 4 p.m.

TYPE 3: such as Jennifer Lopez

Natural skin colour before sun exposure: brown to dark brown.
You have: dark brown to black hair and brown, blue or green eyes.
Reaction to sun exposure: you tan well and rarely burn.
Sensitivity: you're sensitive to peels.

SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8 (Persistent Pigment Darkening)
- **Risk of sunburn (1-10).** 4
- **Risk of skin cancer.** low
- **Best time for sun exposure: before noon and after 4 p.m.**

TYPE 4: such as Naomi Campbell

Natural skin colour before sun exposure: dark brown or black.
You have: black hair and dark brown eyes.
Reaction to sun exposure: you tan very easily and have a very small chance of burning. **Sensitivity:** you are highly sensitive to facial treatments, but not the sun.

SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8
- **Risk of sunburn (1-10).** 1
- **Risk of skin cancer.** low

Best time for sun exposure avoid the hours from noon till four

Best Health

Stretch before you garden

In the summer issue of Best Health magazine, on newsstands now, you can find an article all about how the secret to getting the most out of your "garden workout" is an adequate warm-up and stretching. Here is some of that advice:
– Walk around outside for a few minutes to warm up, then do some gentle stretches of your hamstrings, quadriceps and lower back.
– Once you start gardening, change positions at least every 15 minutes.
– Use a kneeling pad to reduce stress on your knees.
– Use a wheelbarrow to carry heavy bags such as soil.
– Always wear sunscreen and a wide-brimmed hat.
– Keep a bottle of water handy to stay hydrated.

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Thoughts on

Kindness

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Research shows the role genes play in eating disorders

Epigenetics. Old views put to rest as new science reveals how genetics explain causes of anorexia nervosa and bulimia

CELIA MILNE
Metro Canada

There should be no guilt or shame with an eating disorder.

These feelings are common. But new research tells us that genes play a big role in anorexia nervosa and bulimia. "There has been a pretty major shift in the way we understand the causes of eating disorders," says Dr. Howard Steiger, director of the Eating Disorders Program of the Douglas University Institute in Montreal. "The old view was that eating disorders resulted from family dynamics. Fingers were pointed at mothers who dieted or were over-protective."

Genes play a big role in anorexia nervosa and bulimia. ISTOCK PHOTO

A new science called epigenetics — how the environment influences gene expression — helps explain eating disorders. Essentially, some people carry a genetic vulnerability, which may be compounded by severe stress or adversity. The final ingredient is dieting. "It is very new," says Dr. Steiger, who is a professor of psychiatry and psychology at McGill University.

Quoted

"There has been a pretty major shift in the way we understand the causes of eating disorders."

Dr. Howard Steiger, director of the Eating Disorders Program of the Douglas University Institute in Montreal

Eating disorders are serious illnesses that often affect adolescent girls. Between five per cent and 10 per cent may eventually die of factors related to the disorder.

When families wrack their brains to answer the question, "Why us?" they may not think of genes. "A young girl might think, 'what's wrong with me?' Or her mother might think, 'Why did I diet when she was 10 years old' The reality is that people develop eating disorders, not because of some weakness of character, but because they carry susceptibilities to eating-disorder development that are then switched on by environmental pressures and too much dieting," says Dr. Steiger.

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We invite you to bring your children to enjoy this fun-filled family evening and explore themselves. This event will be held at Fiji Canada Center from 7:30 PM to 9:00 PM on June 15th2012. For details please contact us at 403-918-6225/ email at cpha.alberta@gmail.com

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Bread-and-butter etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the Butler, Could you please explain the proper etiquette for slicing bread at the table? Sometimes restaurants serve a small loaf of bread, which is supposed to be cut at the table and shared by the patrons. Do I cut it just for myself or for everyone? I have to hold the other side of the bread while I'm cutting it — isn't this unsanitary for the other people at my table? Rachel

The bread bowl at a restaurant comes with a lot of etiquette rules. ISTOCK

Hello Rachel,

Lets start with the simplest ways to deal with bread at the table. If bread is served in a basket, already cut, then take one piece and put it on your bread-and-butter plate.

If you are served a small loaf in a restaurant, it would always be polite to cut several pieces and offer everyone at the table some of the bread.

In both cases you would always serve yourself last because it is polite to allow others to go before you. As well, hopefully the piece you were holding will become your piece.

Never draw attention to a task at the table; simply cut the bread, offer it around to everyone, then take your piece, all the while having conversations with everyone at the table. Now, just as an aside, technically it is the hostess who deals with offering bread and cutting it, however in a more casual restaurant setting, this is something anyone can do at the table.

Once you have the bread on your plate, how do you deal with butter?

Use the butter knife to take butter from the butter dish to your side plate, then return the butter knife to the butter dish.

Now break a small one-bite size piece of bread and use your butter spreader from your bread-and-butter plate to put a small amount of butter on your bread and eat the entire piece of bread all at once.

Remember, the only time you can ever butter an entire piece of bread and eat it is at the breakfast table.

Who's afraid of the dark?

Research. Phobia may be cause of insomnia for some sufferers

For some people with insomnia, the source of their sleeplessness may be an unexpected one.

New Canadian research suggests fear of the dark may be behind the sleepless nights that some insomniacs experience.

The research is preliminary and the scientists say more studies will be needed to gauge how big a problem this is and whether it affects women and men across various age groups.

But if they are right, it could be good news for some insomnia sufferers. Phobias like fear of the dark can be successfully treated with cognitive behavioural therapy, said senior author Colleen Carney, director of the Sleep and Depression Laboratory at Ryerson University in Toronto.

"We don't ask about this. We don't assess for this phobia and we don't treat the phobia. And we could," said Carney, who presented her team's study Monday at a major sleep medicine conference in Boston.

The idea is the result of a couple of threads of thought coming together.

Carney said she had noticed a lot of the patients her lab sees sleep with a light on or with a TV or computer on in the bedroom. And she started to remark that some people with insomnia talked about the dark in phobic terms.

So the group decided to try to see if there was anything to the idea. But they figured asking insomniacs flat out if they were afraid of the dark wouldn't work. Most people would be too embarrassed to own up to the fear, they felt.

So they designed a test to objectively measure whether poor sleepers were more fearful in the dark than good sleepers. As it turned out, quite a few of the 93 participants in the trial did admit to being afraid of the dark — around half of the poor sleepers. Fewer than 20 per cent of good sleepers said they were afraid of the dark. The median age of participants was 22 years old.

The objective test involved having poor and good sleepers spend time in the sleep lab, both in darkness and in light. At random intervals, a noise was blared through the headphones participants wore, and the researchers recorded information on whether the subjects were visibly startled by the noise.

In the light, both groups reacted the same way to the noise. But in the dark phase of the trial, good sleepers became habituated to the noises, but poor sleepers had stronger reactions.

"In the dark, the poorer sleepers were more startled by it. And they became increasingly scared as the experiment went on," she said.

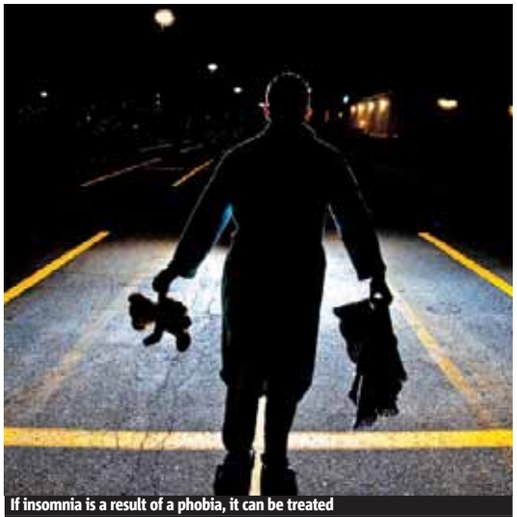
At a point they also used what Carney called a prepulse — a faint noise that signalled that the louder one was coming. For the poor sleepers, it actually seemed to increase their dread of the impending noise.

"We have now objective and subjective evidence that for some people fear of the dark is a significant part of this, because basically it means the bed time and night period, they are already going to be coming in with tension," Carney said.

"Because of what it is, right? You've got to turn the lights off."

Sleep medicine specialist Dr. Colin Shapiro found the work persuasive, calling it "a neat, small study, but one that will give us clues about ways to try and psychologically help people with insomnia problems." Shapiro was not involved in the research.

THE CANADIAN PRESS



If insomnia is a result of a phobia, it can be treated with cognitive behavioural therapy. ANDREW VAUGHAN/THE CANADIAN PRESS

All hail the sandwich gods at Sidewalk Citizen Bakery

Pork Hock Sandwich ($8.50). DAN CLAPSON

LUNCH RUSH
Dan Clapson
life@metronews.ca

The man who elevated simple scones and bread loaves to new levels in Calgary is now dishing out some tasty sandwiches. Aviv Fried, the creative mind behind Sidewalk Citizen Bakery, has created a small menu of artisan sandwiches.

You can find them at the bakery location and also downtown at a pop-up bike shop (yes, you read that correctly) on Stephen Avenue and 2nd St. S.W.

My friend and I decided to stroll down to Stephen Avenue to try them out.

I ordered the Pork Hock Sandwich ($8.50), a freshly baked ciabatta bun filled with smoked pork hock, cheddar, red onions, pickles and a sweet maple mustard glaze. The pork was tender and salty, balanced out by a creamy zucchini slaw.

My friend went for the vegetarian offering, which was Roast Squash with Harissa Aioli ($8.50). It was equally delicious.

Sandwich selection changes daily, so I'll be back for another bite!

Visiting the restaurant

Sidewalk Citizen Bakery

Address. 2-5524 1A St. S.W.

Phone. 403-547-2245

Website. sidewalkcitizenbakery.com

Rating. 4.5/5

Price range. $8.50

Business lunch. No

Lunch with co-workers. Yes

Social lunch. No

Breakfast Pie for dinner. Try this savoury pie for the ultimate comfort meal

Ingredients

- 1 frozen deep-dish pie shell
- 6 slices reduced salt bacon, coarsely chopped
- 30 ml (2 tbsp) pure maple syrup
- 5 fully cooked sausage rounds
- 125 ml (1/2 cup) shredded cheddar cheese
- 5 large eggs
- 125 ml (1/2 cup) 2% milk
- Salt and pepper to taste

1. Bake pie shell in 200 C (400 F) oven according to package directions for a baked pie shell; set aside.

2. In a skillet, fry bacon until crispy, remove and drain on paper towels. Toss with maple syrup and set aside.

3. Heat sausage according to package directions and place on bottom of baked pie shell. Top with shredded cheese and half the bacon.

4. In a bowl, whisk eggs and milk. Season with salt and pepper. Pour into pie shell.

5. Bake in 180 C (350 F) oven 30 mins. until filling is almost set. Sprinkle with remaining bacon and bake for an additional 15 mins. or until egg mix has set. Let stand 5 mins. before serving. THE CANADIAN PRESS/MAPLE LEAF FOODS AND TENDERFLAKE/ EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, AND CHEF. VISIT, EMILYRICHARDSCOOKS.CA)

Giant Empanadas. Local veggies mingle with beef

Ingredients

- 500 g (1 lb) extra-lean ground beef
- 3 cloves garlic, minced
- 1 onion, chopped
- 500 g (1 lb) asparagus, trimmed and cut into pieces
- 2 tomatoes
- 15 ml (1 tbsp) all-purpose flour
- 10 ml (2 tsp) paprika
- 5 ml (1 tsp) each dried oregano leaves and ground cumin
- 2 ml (1/2 tsp) black pepper
- 1 ml (1/4 tsp) salt
- 125 ml (1/2 cup) shredded old cheddar cheese
- 1 pkg (400 g) refrigerated pie crusts
- 1 egg, beaten

1. In non-stick skillet, cook beef, garlic and onion over medium-high heat, breaking up beef with a spoon for about 10 minutes or until beef is no longer pink; drain off any fat.

2. Stir in 125 ml (1/2 cup) water, asparagus, tomatoes, flour, paprika, oregano, cumin, pepper and salt; reduce heat to medium and simmer 10 mins. or until slightly thickened. Transfer to bowl and refrigerate to cool. Stir in cheese.

3. On a lightly floured surface, roll out each pie crust into a 29-cm (11 1/2-inch) circle; place each on large parchment paper-lined rimmed baking sheet. Spoon half of the beef mixture onto half of each crust, spreading to within 1 cm (1/2 inch) of edge. Brush edge of each crust with beaten egg. Fold unfilled half of each crust over filling into half-moon shape; press edges with fork to seal. Prick tops with fork in several places; brush lightly with beaten egg.

4. Bake in a 200 C (400 F) oven 25 mins. or until golden brown. Cut into wedges. THE CANADIAN PRESS/FOODLAND ONTARIO/ADAPTED BY EMILY RICHARDS

Get addicted to sweet heat

Wings rarely are made at home because they are associated with deep frying, something most home cooks don't want to bother with. But truth is, they are so much better grilled.

When you grill them, the meat is tender and juicy and the burnished skin is crisp, not flabby.

No grill handy? These Sweet and Sticky Honey Hot Wings can also be cooked on a rimmed baking sheet fitted with a metal rack. Roast them for 30 minutes at 400 F, then toss them with the barbecue-honey sauce and roast for another 20 to 25 minutes.

1. In a medium bowl mix together the barbecue sauce and honey. Refrigerate until needed.

Ingredients

- 1 cup molasses-based barbecue sauce
- 1 cup honey
- 12-oz bottle Frank's Red Hot Original Cayenne Pepper Sauce
- 2 gallon-size heavy-duty zip-close plastic bags
- 4 lbs chicken wings and/or drummettes
- 4 tbsp olive oil, divided
- Fine-grain sea salt

This recipes serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. Divide the bottle of Frank's hot sauce evenly between the 2 plastic bags. Add half of the chicken to each bag, then seal the bag and turn to coat evenly. Refrigerate the bags to marinate for at least 2 hours, or perhaps leave overnight.

3. When ready to cook, heat one side of the grill to medium, the other to low. Remove the barbecue-honey sauce from the refrigerator to warm to room temperature.

4. Open each bag just at corner and tip it over sink to drain the marinade. Add 2 tablespoons of olive oil and a pinch of salt to each bag, then reseal the bags and shake gently to coat. Using tongs, transfer the chicken to the cooler side of the grill.

5. Cover the grill and cook for 40 minutes, or until starting to brown. Remove the chicken from the grill and place in a large bowl. Pour the barbecue-honey sauce over the wings, then use tongs to toss them to coat well.

6. Place wings back on the grill for another 15 to 20 minutes. Remove from the grill and let rest for 5 minutes before serving.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS IN NEW YORK AND WASHINGTON, AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK

CRASH COURSE

IT'S NOT TOO LATE TO FIND A SUMMER JOB

The arrival of June may bring a sense of panic in university students still without a summer job, but it's not too late to land a post that will pay the bills and possibly even kick-start your career.

John Horn, associate director of career development at the University of British Columbia, spoke to Metro after leading a "crash course on careers" workshop to help students get a summer job.

Robert Zed

"There are still opportunities out there," he says, noting that July and August traditionally see a spike in summer job postings.

He says the first step is to get your resumé and cover letters polished. Second, visit your student services centre, employment centres and online job boards, and start applying.

Holm says there are two main categories of summer job: Those that pay the bills; and those that start your career. For the former, look at something you would actually enjoy, say working outside or in a location you like, while for the latter focus on positions that can develop career skills.

"Know the purpose of your summer work. Really think about the core skills and competencies that employers look for when they hire summer students — and their next vice-president," he says.

Don't despair if your job search comes up empty. Some of the most successful people in Canada struck out on summer jobs and then created their own. Holm says he recently spoke to a former student who started a house-washing business one summer. "He turned it into a medium-sized business in Vancouver."

Holm admits he rarely sees true-blood entrepreneurs, as they tend to go it alone, but he says it's worth stopping by student services. They can help you find grants and partners to start your own summer business.

For example, Robert Zed's first summer job was a miserable affair that saw him cleaning up cigarette butts in Saint John, N.B. He learned how to get government grants to start summer businesses and created a program to help senior citizens. He soon had 10 students working for him and embarked on an entrepreneurial career that has turned into the highly successful Zed Events in Halifax.

ISTOCKPHOTO/THINKSTOCK

Ontario student Grieg Clark started painting houses in the summer of 1971. His business grew into College Pro Painters, which has hundreds of franchises across North America and millions of dollars in sales.

– Jon Tattrie

ALL ABOARD

SAIT CAN HELP YOU GAIN EMPLOYMENT IN RAILWAY INDUSTRY

As the railway industry keeps chugging along, new skilled employees are needed to keep up with the growing demands of this industry.

"The railway industry is currently experiencing a 'rebirth' as the world economy improves," says Gerry Bowland, project co-ordinator, Centre for Rail Training and Technology at SAIT Polytechnic, and a third-generation railroader, who has worked for Canadian Pacific Railway for 35 years.

"All railways in North America are dealing with increased demands for staffing, the need for more educated and innovative employees and, in general, dealing with the demographics of a mature and aging workforce."

According to Bowland, it is anticipated that Canadian railways will have a changeover of almost half of their workforce in the next five years.

"The challenge is not on boarding new staff in terms of numbers, but dealing with the loss in knowledge and experience."

SAIT PHOTO

SAIT can help you learn about this high demand industry through the railway conductor program, offered at the Centre for Rail Training and Technology.

This certificate program prepares students for a career in operations in the Canadian railway industry.

Students will learn all of the theory and practices required of a railway conductor.

"The students complete a 15-week program and are then hired by the major railway companies to complete more on-the-job training and eventual employment," says Bowland.

"As a rule, these conductors will become locomotive engineers with more experience, training and seniority."

For more information about the railway conductor program at SAIT, visit sait.ca.

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EXPLORE A NEW DESTINATION

TAKE A BREAK FROM YOUR SUMMER JOB

Students know that a long summer break can quickly vanish in a haze of a summer job, but it's important to sneak in a few getaways to refresh yourself.

Colleen Friesen is a B.C.-based travel writer who knows how to get the most out of your travel dollar. Reached in France, where she is exploring for her Traveling Light blog at Colleenfriesen.com, she shared some of her favourite affordable Western Canada destinations.

Top of her list is cycling the Icefields Parkway between Banff and Jasper in Alberta. The 232-kilometre journey takes you through the heart of the Rocky Mountains, passing lakes, glaciers and stunning valleys. Friesen says while she cycled, most people drive.

"We had people come up and congratulate us, exclaim over how amazing we were and to ask for more photos while we stood in the parking lot in the howling wind. It really was quite funny," she recalls.

ISTOCKPHOTO/THINKSTOCK

Her next suggestion is kayaking and camping in the Sechelt Inlet off the B.C. coast. The inlet has several marine-access only parks with few visitors.

"There were masses of jellyfish in the water, colonies of sea stars glowing purple against the brilliant green algae and seals checking us out from every angle," she says. "We watched moon rises and sun rises and slept like the dead in between."

If you have a few days, book yourself into a city hostel and explore a new destination. Friesen is fond of Victoria, B.C. The pretty provincial capital offers urban charms of comfy coffee shops, bakeries and cultural experiences like the dinosaur exhibit at the Royal BC Museum.

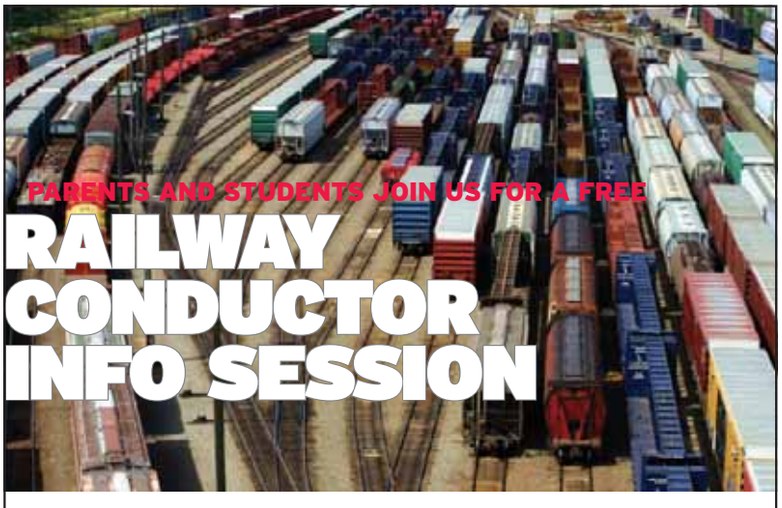
Stacey Thorson, director of operations at Discover Canada Tours, says many students opt for a package trip. All of theirs start in Vancouver and the most popular ones are to the Rocky Mountains, Whistler, Vancouver Island for surfing, and Victoria or Seattle for shopping and sightseeing.

ALLAN DANAHAR/PHOTODISC/THINKSTOCK

The advantage for budget-conscious students is the website price includes accommodation, food and transportation, so you know exactly what you will have to spend. The basic trips are cheap and cheerful, but you have the option to upgrade and pay for extra side excursions.

"Our tour guides are amazing," Thorson says. "Even the tips are included. Once they're on the tour, they're not expected to pay any extra."

– Jon Tattrie



Get your career on track and become a Railway Conductor in just 15 short weeks. This program offers a high graduate employment rate, hands-on training and excellent starting wages.

Join us on Tuesday, June 12 at 7:00 pm at the Centre for Rail Training and Technology, N.R. Buck Crump Building, SAIT Mayland Heights Campus, 1940 Centre Avenue NE.
Call 403.210.4150 or Email: rail@sait.ca to confirm your attendance or for more information.

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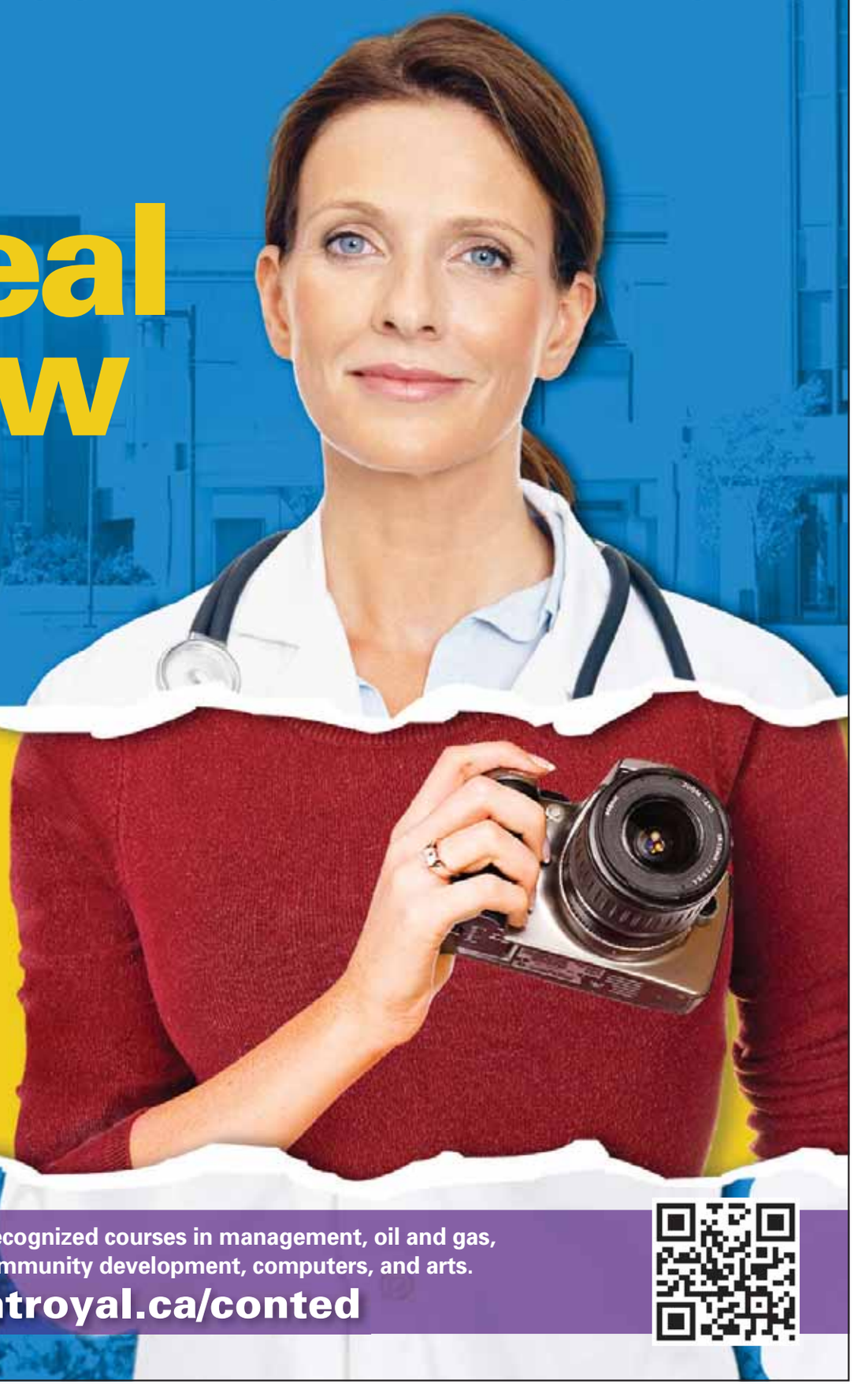

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COLLEGE HEAD START

COLUMBIA COLLEGE PHOTO

WITH THE FREE COLLEGE PREP COURSE AT COLUMBIA COLLEGE

Walk into your college course with confidence this fall by taking the College Prep courses at Columbia College.

For students like Cherie Hunt, these courses are helping her prepare for her post-secondary education at Columbia.

"I believe that College Prep gives students a wonderful opportunity to do their best when the time comes for your program to start," says Hunt, a student in the College Prep course at Columbia College.

These courses are free of charge and range from five to 10 weeks in length.

"We try to make a difference and believe in helping people with barriers access education and fulfil their dreams," says Lucy Dooley, manager of student services at Columbia College.

"The mission of College Prep is to offer tuition-free academic upgrading courses to help adults successfully bridge the gap between their present academic proficiency."

The College Prep program was developed to help anyone wanting to enrol in a professional program at Columbia College, such as health-care aide, practical nurse, human services, criminal justice, dental assistant, business management, but are unable to meet the academic requirements of entry into their chosen program.

"These are often students who have been away from formal education for some time, or they may need to improve their academic skills," says Dooley.

"Often, the students have language barriers, are immigrants to Canada, are usually working at jobs that are barely sustainable for their families, and often do not reflect the education they may have had in their home countries."

Columbia offers free courses in various levels and courses of English, math, biology, and a medical terminology course.

"The curriculums of these courses focus on the key competencies students need to know in order to be successful in their professional programs," says Dooley.

Columbia is also currently working on introducing computer workshops to help students gain the necessary computer skills needed in order to complete their term papers and other academic requirements in a post-secondary program.

Students of the College Prep program meet twice per week from 5:30-9:30 p.m. Some courses are held on Saturdays.

New free courses are in the works, as well.

For more information about these free college prep courses at Columbia College, visit columbia.ab.ca.

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TEACHER HAS RIGHT CHEMISTRY

CORNELIA CHANG RECEIVES AWARD

For one Mount Royal University instructor, her love of teaching has now turned her into an award-winning instructor.

Cornelia Chang, instructor in the Academic Upgrading program, was recently awarded a Distinguished Teaching Award for her work with her students in her biology and chemistry classes.

"Teaching and helping others have always been a passion that I've found personally fulfilling and rewarding," says Chang.

"When you are lucky enough to love the work you do, and put your heart into it every day, it is very moving to have that acknowledged and recognized by both students and co-workers. It fills me with great joy, pride and appreciation."

This is the second nomination for Chang, as she was first nominated in 2010.

"To be nominated a second time was not only humbling, but also reaffirmed for me that I made the right decision to pursue a career at Mount Royal," says Chang.

MOUNT ROYAL UNIVERSITY PHOTO

Chang approaches each class with excitement and enthusiasm, as if each class is a new adventure.

"I try to show students that learning can, and should be fun — even for 'mature' students," says Chang.

Some ways Chang makes her class fun is by using interactive methods to engage the students, such as turning the class into a game show, where students "buzz" in with their answers.

Chang also uses analogies to help students understand complex scientific processes, have them act out concepts in class so they are better able to visualize them, and even writes educational poems during commutes to and from work.

Katelyn Barr, a student from Chang's biology 0130 course last semester, feels Chang has already succeeded as an exceptional instructor and supported Chang's award nomination with some kind words.

"Your passion for teaching is evident in every class. You put so much effort into your methods and put yourself out there each and every time in an effort to reach everyone on the level that is needed for them," Barr wrote in support of Chang's nomination. *– Candice Ward*

ACADEMIC UPGRADING

Academic Upgrading is available at MRU through the Faculty of Continuing Education. For more about Academic Upgrading, visit conted.mtroyal.ca/upgrade.

MORE EDUCATION OPTIONS FOR YOU

If you dream about going back to school, but are not quite ready to make the commitment this fall for full-time classes, or if you are looking to expand your knowledge in a certain area, Mount Royal University Continuing Education has a number of education options for you this fall.

Registration is now open for Mount Royal University's Continuing Education fall programs.

Prospective students can register in a number of ways.

Registration is open 24 hours a day, seven days a week online, and individuals can register online up to midnight the day before the course is set to begin.

Fees for courses must be paid at the time of registration, by either Visa or Mastercard.

Registration can also be made by phone, fax, mail, or in person.

Some programs require an application process so be sure to check online for the list of fall courses, including some exciting new course additions.

To learn more about the new MRU fall courses, visit mtroyal.ca/conted/register.

LEANING ON VALUES AND ATTITUDES

Learn to accomplish "more with less" in the business world through Mount Royal University Faculty of Continuing Education.

New this year, MRU is offering the Lean and Continuous Improvement Certificate, which teaches students and organizations how to excel in fostering a culture of strategic agility, Lean performance and continuous improvement.

"This certificate particularly aims to develop the right attitude to engaging the workplace in continuous improvement and practical skills that are commonly used 95 per cent of time in Lean practice," says Anand Nicodemus, instructor at MRU, business process strategist at the City of Calgary, and a director of Kaizen Institute, one of the foremost Lean consulting, teaching and advocacy organizations in the world.

"There is considerable focus on teaching participants the science of developing 'values' and 'attitudes' that enable enterprises to be successful at Lean."

This 90-hour certificate program consists of four instructor-led classroom modules and a hands-on assignment of 60 and 30 hours, respectively.

This program teaches people to help businesses streamline operations, minimize waste, improve efficiencies, and align practices with changing priorities and values.

MOUNT ROYAL UNIVERSITY PHOTO

The two modules — Lean Culture and Implementing, and Sustaining Lean — teach students real life principles that set the stage for organizations to become Lean and enables participants to address Lean Organizational Culture.

Prospective students of this program should have an interest in problem solving and value "workplace improvement," but beyond this, the Mount Royal Certification takes on the responsibility to start student, individual contributors, front-line employees, team leaders or managers on this exciting journey.

Classes for this certificate begin in the fall. More information about this course can be found at conted.mtroyal.ca/lean.

Mount Royal will be holding a free information night for the Lean and Continuous Improvement Certificate Aug. 22, from 6-7:30 p.m.

WAVEBREAK MEDIA/THINKSTOCK

NO WAITING AT ACADEMY OF LEARNING

There is no need to put your career aspirations on hold until September when the Academy of Learning is available to help you get a jump on your career training now.

"Most Academy of Learning programs start new students every week," says Brady Sylvester, admissions adviser for Academy of Learning.

"People who feel their options are limited to September start dates should understand that they can begin their career training right away, and they will have a head start on their competition."

A one-year program at Academy of Learning is equivalent to a normal two-year program at a semester-based college.

"A student who started in July with us would be finished before next summer, while the student who starts in September at the other college wouldn't be finished until spring of 2014," says Sylvester.

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

With its finger on the pulse of the labour market, Academy of Learning offers students opportunities to work towards careers where skilled employees are wanted.

The college offers career training in the main areas of health care, office administration, accounting, IT and web design.

By offering enrolment each week, year round, students will not have to wait until the next semester or worry about waiting lists.

For more about the Health Care Aide program available at Academy of Learning, visit academyoflearning.ab.ca.

CROSSING THE BRIDGE TO A NEW ADVENTURE

Coenraad Claassens is in his final year of CA Bridging, graduating this December, and has already secured a position at an international accounting firm.

Claassens, a talented and dedicated student, settled in Canada a little more than 10 years ago from South Africa. His family and friends, who are globally active in the financial world, advised him to become a chartered accountant (CA). With his degree in industrial and organizational psychology combined with business economics, supported by work experience in health care, the military, telecommunications and human resources, he embarked on a new adventure.

CA Bridging has made his career change possible by enabling him to work full time and by providing the ability to enter the profession via a non-traditional pathway.

"I have received high-quality instruction and real-life expertise from professional instructors who have prepared me to enter a career, armed with one of the most diverse professional business qualifications, and affording me flexibility to work in any industry," Claassens says.

Claassens continued with this advice. "Always be passionate about what you do in life and embrace a positive attitude. My future is bright and I welcome the opportunity to grow personally and professionally with my firm and I encourage and challenge you to remember that dreams are meant to be big and you can achieve this also. Your future awaits."

LITE PRODUCTIONS/THINKSTOCK

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25 IDEAS TO COOL DOWN

When it's blistering hot outside, here are 25 great ways to cool down.

FIRST, REDUCE THE HEAT IN THE HOUSE

1 During the day, close the windows and use shades and blinds to keep the warmer outside air out.

2 Tilt horizontal blinds upwards, according to BC Hydro —this will block heat but still allow light in.

3 Change window dressings to light coloured curtains, etc., which also reflect the heat out.

4 Replace heat-emitting incandescent bulbs with compact fluorescent light bulbs, says Lauren Mangion, Healthy Homes adviser at Green Calgary, an urban environmental non-profit organization.

5 Apply low E reflective film to your windows to reflect heat away. Available at hardware stores.

6 Open windows at night to let cooler outside air in.

7 Plant deciduous shade trees on the southern and western sides of the house, says Mangion.

NEXT, PLAN YOUR ACTIVITIES AROUND THE WEATHER

8 Stay put if it's high noon ... plan activities for early in the morning or late in the day when it's cooler, says Mo Hagan, VP of operations, GoodLife Fitness, London, Ont.

9 Immerse yourself — in a public pool or a lake.

10 Run through a sprinkler with your kids.

11 Spend time at an air conditioned shopping mall, public library, movie theatre or other public space.

12 Midday, relax in an easy chair in the shade and use cooling cucumber slices as a compress on your forehead.

DRESS COOL

13 Wear loose fitting, light-coloured clothing.

14 When Hagan runs in the heat, she soaks a cap in cold water and wears it. This will work if you're gardening, too.

CAMERON SPENCER/PHOTODISC/THINKSTOCK

15 Wear long hair up and off your neck.

REFRESH YOURSELF

16 Keep mist toner spray in the fridge and spritz your face!

17 Hagan suggests that you put rolled up, dampened hand towels in the fridge — to cool down, wipe your face with one or put it around the base of your neck.

18 Store foot cream in the fridge and massage into hot, tired feet. Mint lotion is particularly refreshing because it leaves a cooling sensation.

19 Use ceiling fans, says Mangion — in the summer, they should turn counter-clockwise so they are pushing air down.

20 Make the bed with (cool) white satin sheets.

EAT, DRINK & CHILL

21 Plan easy meals that don't require the stove or oven, says Fran Berkoff, registered dietitian, Toronto. Instead, barbecue and prepare cool, crispy salads.

22 Freeze mandarin segments, cherries and grapes and use them instead of ice cubes in cold water, says Hagan. They take longer to melt, and they taste good, too.

23 Always drink lots of water and other liquids, says Berkoff.

24 Allrecipes.com provides this delicious slushy recipe: Combine four cups cubed seedless watermelon and 10 ice cubes in a blender. Add ½ cup lime juice, ¼ cup sugar and ⅛ tsp salt. Blend until smooth and enjoy.

25 The cold, juicy summer fruits are most refreshing, says Berkoff ... enjoy peaches, melons and oranges, too.

– Ylva Van Buuren

YOUR SUMMER STAIN REMOVAL GUIDE

Handy tips to help you get through the stains of summer.

CLOROX2® STAIN FIGHTER

BURGER BOO-BOOS.

Mmm, juicy burgers with ketchup... too bad it's all over your favourite t-shirt!

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Let stand for 5–10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack. Check that the stain is gone before putting it in the dryer.

TWO SCOOPS OF TROUBLE.

Half of your daughter's ice cream is on the ground. The other half landed on her shirt.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray with foaming action formulated with TripleSolve™ Technology to penetrate, dissolve and eliminate stains. Let stand for 5–10 minutes (don't let dry on fabric) and rinse.

LAUNDER: Wash as usual with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

THE GRASS IS ALWAYS GREENER...

...on your kids' pants.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Its foaming action will help loosen dirt and break down grass stains. Let stand for 5–10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

SCAN HERE TO LEARN MORE

This guide was brought to you by CLOROX2® STAIN FIGHTER

NOW WITH TRIPLESOLVE™ TECHNOLOGY

Eliminates tough stains the 1st time.

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YOUR HEALTHY PREGNANCY

EATING WELL, REST AND EXERCISE ARE PARAMOUNT

Know your limits. That's what Terri Coles advises other pregnant women to keep in mind for a healthy pregnancy.

"I didn't want to admit at first that I was more tired than usual, or queasy. I didn't want to feel limited before I was even showing," says Coles, a 30-year-old Toronto woman pregnant with her first child. "But once I cut things back a bit and got more rest, I definitely felt better."

What else can you do to foster a healthy pregnancy? Ann Douglas, author of The Mother of All books series, shares her top tips to stay healthy over your nine-month stint.

EXERCISE … FOR TWO (OR THREE!)

"Pregnancy is the perfect time to make physical fitness part of your regular routine as a family," says Douglas. "That way, once your baby arrives, you'll be in the habit of taking an after-dinner stroll, for example. You won't have to think twice about remaining active after baby or modelling an active lifestyle to your growing child."

TRY YOGA

Pregnancy yoga classes give you a chance to meet other pregnant women in the neighbourhood. "And you're participating in a prenatal fitness activity that helps to prepare your mind, body, and soul for the challenges of birth and motherhood," says Douglas.

REST, REST, REST

Don't think of sleep as an indulgence, says Douglas. "Instead, sleep is another type of fuel that your body needs to help you take the best possible care of your baby," she notes. "So give in to the waves of fatigue — the kind that makes it almost impossible for you to keep your eyes open when you arrive home from work. Your body is trying to tell you something: You need more rest. Pay attention and nurture your body by giving it what it needs."

WATCH WHAT YOU EAT

The lemonade, ice cream and pickles cravings will come. But also be sure to watch what else you eat. Along with taking prenatal vitamins and folic acid daily to help develop the baby's brain, spine and skull, Health Canada recommends eating at least 150 grams of cooked fish weekly. (Fish is thick with omega-3 fats and nutrients to help with the growth of your baby.)

ALSO KNOW WHAT YOU CAN'T EAT

Health Canada recommends avoiding alcohol and nicotine during pregnancy. Caffeine should also be limited — but check with your health-care provider to determine how much caffeine, if any, you can have per day.

– Astrid Van Den Broek

WHAT YOU WILL NEED WHEN BABY COMES HOME

Do you need a Miracle Blanket? How about a diaper warmer for your soon-to-arrive baby? "It's easy to over shop for baby," says Ann Douglas, author of The Mother of All books series.

So here are her top tips on what you will really need once your baby comes home.

• Change station: This could be a change table or simply a changing pad attached to a dresser top. "Some parents find it works well to set up one or more mini-change stations around the house," says Douglas.
• Newborn and Size 1 diapers and wipes.
• Comfortable nursing chair with foot support.
• Bassinet, playpen or crib.
• Dresser for baby's clothes
• Baby clothes. (For the early months, Onesies and sleepers will do.)
• Baby blankets. "Treat any crib blankets you receive as wall decorations," notes Douglas. "Babies shouldn't sleep with blankets due to the increased risk of sudden infant death syndrome (SIDS)."

THE THREE TRIMESTERS

Found out you are pregnant? Congratulations! Here is a look at the 40 weeks of pregnancy.

FIRST TRIMESTER (WEEKS 1-12)

This is the trimester of waiting … and often nausea. "Once you find out that you're pregnant, you spend the next two months waiting to see if the pregnancy is likely to thrive," notes Ann Douglas, author of The Mother of All books. "The rise of miscarriage drops significantly after the first trimester." This trimester also comes with symptoms such as headaches, constipation, bloating, frequent urination and tender breasts. "Once you reach the six-week pregnancy mark, you may find you experience mild nausea or out-and-out vomiting under certain circumstances," adds Douglas, noting that about one in five women don't experience any nausea or vomiting in pregnancy. If nausea is a problem, try to avoid an empty stomach — your nausea may worsen at that point.

SECOND TRIMESTER (WEEKS 13-27)

This is the glory trimester: For many women the nausea and vomiting is gone, you start to feel the baby move … yet you aren't uncomfortably large yet. "And as the pregnancy continues, the movements become strong enough for them to be noticed and felt by other people," says Douglas.

THIRD TRIMESTER (WEEKS 28-40)

This is the home stretch, says Douglas. "Third trimester complaints include frequent trips to the washroom because your uterus is pressing down on your bladder, a sore back, swollen ankles from fluid retention, and insomnia," notes Douglas. Baby is really growing. So how can you feel your best during this body-shifting time? Douglas recommends maintaining a healthy pregnancy by eating well and sleeping when your body craves it. Also, look for women in your neighbourhood who are pregnant and experiencing the same things you are. "You'll appreciate their support and friendship, both during your pregnancy and after your babies arrive," Douglas says.

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TRY NOT TO STRESS: GO FROM 'HAVE TO' TO 'WANT TO'

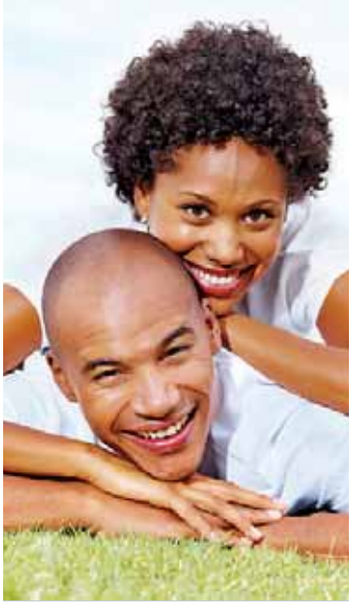
WHEN YOU'RE TRYING TO GET PREGNANT AND TRACKING OVULATION, THE TWO MOST FERTILE DAYS ARE SO IMPORTANT

But sometimes it can make sex seem more like a chore and less pleasurable. With a little patience, creativity and communication, trying to conceive can be a fun and intimate experience for both you and your partner.

Introducing a personal massager into your relationship can be a new way to enhance your shared sexual experience, adding more pleasure and fun into trying to get pregnant. In fact, according to the 2011 Leger Marketing Survey, more than 80 per cent of people who have used a personal massager have used it with their partner, so it can be a natural addition.

This is important as stress and the negative feelings associated with planning to have a baby can actually affect your chances of getting pregnant, according to babyhopes.com. Increasing intimacy with your partner can help lead to a happier, more relaxed, and more positive you.

Personal massagers, such as TROJAN® Vibrating Tri-phoria® are now available at many major drug, food and mass retail locations where TROJAN® condoms are sold, and online at TrojanVibrations.ca.



KNOW YOUR TWO BEST DAYS TO CONCEIVE

There are only about two days a month when you are most likely to get pregnant. An ovulation test, like the FIRST RESPONSE® Digital Ovulation Test, can help you pinpoint your two best days to try to conceive.

GET TO KNOW YOUR CYCLE

- Every month ovulation happens when an egg matures, leaves your ovary, and travels down one of your Fallopian tubes.
- Ovulation is primarily triggered by a monthly surge in Luteinizing Hormone, or LH. This happens in the 24 to 36 hours before ovulation.
- For your best chance at getting pregnant, have intercourse within 24 to 36 hours after detecting the LH surge.
- Menstrual cycles can vary from 20 to 44 days, so the day of the month you ovulate can vary significantly. Most women don't ovulate exactly at mid-cycle. So much variation can make it difficult to find your peak fertility.
- Using an at-home ovulation test can help improve your chances of determining when is the right time for you to get pregnant.

DID YOU KNOW?

Drinking excessive amounts of liquid can dilute the LH in your urine. Therefore, it's best to reduce your liquid intake for two hours before testing.

EXPERTS RECOMMEND

Know More

If you are on the birth control pill, experts recommend you stop using it one to two months before trying to conceive. This will give you the opportunity to better understand your body and get to know your cycle. Look for an alternative contraceptive method — for instance, the maker of TROJAN® brand condoms offers many different varieties of condoms to choose from.

Note: *If you are unsure about your cycle length or when to start testing, call First Response toll-free at 1-800-268-3186, from Monday-Friday, between 7 a.m. and 5 p.m. ET.*

INTRODUCING THE FIRST RESPONSE® DIGITAL OVULATION TEST

- It knows your body. It's the only ovulation test that actually detects your own personal LH surge. It detects and tracks your personal daily baseline levels of Luteinizing Hormone to detect your personal LH surge, unlike other ovulation tests that use a preset "average" level to determine the surge.
- Unmistakable YES+/NO- results. YES+ means try to conceive in the next 24-36 hours; NO- means continue to test daily.
- Unsurpassed accuracy — More than 99 per cent accurate.*
- Comes with 20 test sticks and a digital reader for a one-month supply.

Visit 1stresponse.ca for a downloadable ovulation calculator to help you keep track!

**More than 99 per cent accuracy in detecting LH surge in laboratory studies (read complete directions for use on carton). Certain medication conditions and drugs can adversely affect the reliability of this test for predicting ovulation. For details, visit 1stresponse.ca.*

KNOW IF YOU ARE PREGNANT ALMOST AS SOON AS YOUR BODY DOES

Early pregnancy is a vital time for fetal development. Being able to know if you are pregnant sooner helps you get a head start on making healthy choices for yourself and your baby.

FIRST RESPONSE® has the only test that tells you five days before your expected period. When you are waiting to find out if you are pregnant, one day can feel like a lifetime. Using the FIRST RESPONSE® Early Result Pregnancy Test means you will know as soon as possible — no other home pregnancy test tells you sooner!**

YOU MIGHT BE PREGNANT IF . . .

- You miss your period.
- Your breasts are tender or swollen, or have raised glands in the area around the nipple.
- You experience "morning sickness" (nausea and/or vomiting).
- You have to urinate more frequently.
- You see blue and pink lines under your breasts and on your abdomen.
- You have unusual food cravings.

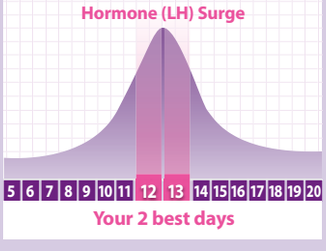
***Read product packaging for more information on testing early. In clinical testing, FIRST RESPONSE® Early Result Pregnancy Test detected the hormone levels in 62 per cent of women five days before their expected period; in 78 per cent of women, four days before their expected period; in 87 per cent of women, three days before their expected period; and in 98 per cent of women, two days before their expected period.*

Every woman is unique.
FIRST RESPONSE® Ovulation Test understands that.

FIRST RESPONSE® Digital Ovulation is a revolutionary new ovulation test that can accurately detect your 2 best days to conceive.

Unlike most tests that use a preset average, the FIRST RESPONSE® Digital Ovulation Test has a Digital Reader that remembers your Luteinizing Hormone (LH) levels and is able to detect your own unique LH surge to determine the best time for you to become pregnant.[1]

Knowing the best time to conceive can be a real guessing game, especially for women with irregular periods. New FIRST RESPONSE® Digital Ovulation Test understands that. It's a breakthrough home-use ovulation test that can accurately identify a woman's most fertile days based on her individual hormone levels. Making it easier for couples to determine their best days to conceive.



How the FIRST RESPONSE® Digital Ovulation Test works.

The FIRST RESPONSE® Digital Ovulation Test identifies your 2 best days to become pregnant by detecting a surge of Luteinizing Hormone (LH) in your urine. An increase in LH means your body is ready to release an egg (ovulation). If you have intercourse within 24-36 hours after detecting the LH surge, you're more likely to become pregnant.

1 Data on file, Church & Dwight Co., Princeton, NJ 2011

2 Over 99% accurate in detecting the LH surge in laboratory studies (based on directions for use).

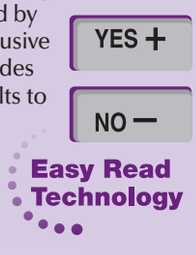
FIRST RESPONSE® Digital Ovulation Test understands your body.

FIRST RESPONSE® Digital Ovulation Test has advanced technology that can detect your unique LH surge based on your daily Luteinizing Hormone (LH) levels.[1]

With the FIRST RESPONSE® Digital Ovulation Test you begin daily testing on Day 5 of your period. Hormone levels recorded from Days 5, 6, and 7 of your period are saved into the Digital Reader's memory to set your baseline and determine your unique LH surge level. Continued testing from that point will allow you to determine your own unique LH surge, the time when you're most likely to become pregnant if you have intercourse within 24-36 hours of detecting the surge.

Trust the test with unsurpassed accuracy.

When it comes to detecting a woman's unique LH surge, laboratory studies show FIRST RESPONSE® Digital Ovulation Test to be over 99% accurate, unsurpassed by any other test in the market. And our exclusive EasyRead™ technology provides unmistakable YES+/NO- results to eliminate the guesswork out of detecting your best days to conceive.[2]



FIRST RESPONSE® OVULATION

For your best chance to conceive, trust the test designed for you.

1stresponse.ca/ovulation

Pay down your mortgage.

Just when you thought tax time was over. ISTOCK IMAGES

Uncle Sam wants you (and your tax)

It's that time again. Many Americans in Canada don't even realize they are required to file taxes in the country of their birth

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

Your taxes are well behind you for another year, right? Maybe not! For tens of thousands of Americans living here, not to mention Canadian snowbirds, Uncle Sam wants you — to get in touch.

June 15 is the deadline for U.S. citizens to file a required tax return south of the border even if they have been in this country since infancy.

In the last year there was a rumble of panic among U.S. ex-pats as the IRS started flexing its muscle by threatening to chase down and punish those who had fallen behind in their tax returns. Many Americans in Canada don't even realize they are required to file in the country of their birth. Since then the IRS has relaxed their stance a bit but U.S. citizens still need to comply.

Alison's money rule

"Uncle Sam wants an annual report from snowbirds and the American born."

According to H&R Block Canada, U.S. citizens and green card holders (including those whose green card has expired) are required to file Form 1040 annually. Go to irs.gov and search for Form 1040.

Those who paid taxes in Canada will receive a foreign tax credit on their U.S. returns and if you are receiving CPP and or Old Age Security here they are exempt from U.S. tax.

Anyone who kept a U.S. home as a rental after moving to Canada, or has any other income south of 49, will have to declare it on the U.S. return.

The big tax surprise for many Canadian snowbirds is a requirement to communicate with the IRS. If you spent more than 121 days in the U.S. in 2011 or a total of 183 days over the past three years, Uncle Sam is interested.

Filing IRS Form 8840 (the Closer Connection Exception Statement for Aliens) is an annual requirement. You'll be asked about your Canadian ties including passport, family, car registration, where you are registered to vote and even your religious affiliation. Most snowbirds can demonstrate a closer connection to Canada than the U.S. so nothing else is needed.

Again, go to irs.gov, search Form 8840 and mail it to the Department of the Treasury, IRS Centre, Austin, Texas, 73301-0215.

Taxes — you can run but you can't hide.

ALLISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

The people in your 'hood

- **900,000 to 2.5 million.** The estimate of Americans living in Canada.

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Moving house

Becoming a Kijiji master in one day or less

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

Drum roll please…. After two-and-a-half months of scouring my over-priced local real estate market, I finally found "the one"; a home that I love. I stuck to my price and conditions, mainly the inspection and quick possession date, and my offer was accepted late on Friday night.

Now that I've officially got two weeks to get myself fully packed and moved into my new place, I'm faced with a new dilemma — too much of the wrong kind of furniture. My new place has less square footage and a more elegant/sleek feel to it, whereas my current home screams roomy southern comfort.

My furniture dilemma got me thinking about two things; first, how much we accumulate over the years and, second, how we can reduce what we own without losing loads of money.

I've learned two huge lessons about the accumulation of 'stuff' throughout my moving experience. First, "stuff" costs money. The less you have, the more you'll save. Second, if you don't need something any longer, rid yourself of it right away. What good is it to store a desk in your garage for five years if it's only going to collect dust? SELL IT!

Rather than tossing my furniture in the trash, I turned to Kijiji on Sunday morning to see whether I could sell my furniture to local buyers. Using my iPad and cellphone camera I created free compelling ads.

By Sunday afternoon more than 50 per cent of my stuff was sold. Plus, once buyers were in my house, many bought more items than what they originally came for. The buyers paid cash and moved the pieces out themselves.

I chalk the quick sales up to pricing the pieces competitively and taking nice photos.

I certainly didn't make a profit on any of my furniture, but considering I furnished my home for less than $5,000 over seven years by buying the bulk of it second hand through eBay, Kijiji, and Classified ads, I've recovered a fair chunk of change which I can now put towards my new furniture.

My second furniture downsize strategy has been to coordinate donations to local charities. Many charities will pick up the goods right from your front door. Others have drop-off locations. Depending on the organization and the quality/value of the donation, a valuable tax receipt may be issued.

Both Kijiji and donations are frugal ways to buy and sell various items. Additionally, they reduce waste because the items are reused and recycled by the new owners. But, avoiding the accumulation of 'stuff' is always the most frugal option of all.

You don't have to be a professional salesperson to make a profit on your stuff. ISTOCK IMAGES

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CIBC FOR WHAT MATTERS.

for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. [2]Only one Aeroplan Account is eligible for Aeroplan Miles on your mortgage. Aeroplan Miles have "Aeroplan is a Registered Trademark of Aeroplan Canada Inc. Offer expires June 30, 2012. For details, visit cibc.com/buildthousands. "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

4

SPORTS

MLB

Jays lose Morrow in loss to Nats

Adam LaRoche hit a two-run homer and Edwin Jackson pitched eight strong innings Monday as the Washington Nationals defeated the Toronto Blue Jays 6-3. The night started off on the wrong foot for the Jays, who lost starter Brandon Morrow after just nine pitches in the first inning with a strained left oblique. He's listed as day-to-day.
THE CANADIAN PRESS

On the web

Majority owner Michael Heisley has been trying to sell his Memphis Grizzlies for years to just the right person, and the Illinois billionaire finally found his buyer. Heisley said Monday he has an agreement to sell the team to Robert J. Pera, a 34-year-old billionaire from California. Scan the code for the story.

The Kings celebrate winning the Stanley Cup on Monday night at the Staples Center in Los Angeles. JULIE JACOBSON/THE ASSOCIATED PRESS

Kings take their place on NHL throne

NHL. Los Angeles seals deal by scoring three times in first during Devils' major penalty

Game 6

Kings	Devils
6	1

It was worth the wait.

After 45 long years, including two near-misses in the last week, the Los Angeles Kings have finally been crowned Stanley Cup champions. The party kicked off before the first period even ended Monday as Los Angeles romped to a 6-1 series-clinching victory over the stunned New Jersey Devils.

The game turned on a penalty that should immediately erase Marty McSorley's 1993 illegal-stick call as the most memorable in Kings history. Devils forward Steve Bernier was given a five-minute major for boarding just over 10 minutes into the game after bloodying Rob Scuderi with a hard hit from behind, and Los Angeles made him pay.

First captain Dustin Brown got a puck behind Martin Brodeur. Then Jeff Carter followed. By the time Trevor Lewis made it 3-0 at 15:01, the Staples Center crowd knew the Kings had all the goals they needed.

After all, Jonathan Quick didn't allow more than that in any game during a dominant run through the playoffs. The Kings goaltender was awarded the Conn Smythe Trophy as playoff MVP for his dominant performance in goal.

Quick didn't face a lot of shots in Game 6. His toughest task was staying composed as the score went up.

"As much as you keep pushing it out of your mind it'll creep back in," he said. "Especially when you get that four-goal lead and it's hard for it not to creep into your head a little bit. But you keep reminding yourself how dangerous of a team they are, and the second you become relaxed and get your mind off what you're supposed to be doing, that's when they'll take advantage of you."

The Devils were the first team since 1945 to even force a Game 6 in the Stanley Cup final after trailing 3-0 in the series, and the clincher highlighted why the task of coming all the way back is so daunting. There's no room for bad bounces or bad luck.

New Jersey was where it wanted to be after weathering an early storm and killing off a minor penalty. And then Bernier crashed into Scuderi. The most difficult part of that penalty for the Devils was the fact it came just seconds after Jarrett Stoll had hit Stephen Gionta from behind without a call.

Series over.

The Devils were shaken and their hopes of forcing a Game 7 were soon shattered. It's extremely rare to see a team score three times on a major penalty, especially against a New Jersey penalty kill that was the NHL's best in the regular season at 89.6 per cent. They couldn't maintain that level in the playoffs.
THE CANADIAN PRESS

Tennis

Nadal makes French Open history with 7th championship at Roland Garros

Rafael Nadal was worried.

A guy so unflinching, so nearly unbeatable at the French Open, got a case of nerves during the 18 hours he and Novak Djokovic waited for the restart of their rain-interrupted final at Roland Garros.

Instead of focusing on how close he was to winning a record seventh French Open, Nadal grew increasingly wary of the other possible outcome: A loss in a fourth consecutive Grand Slam final against Djokovic, who was trying to become the first man since 1969 to collect four straight major titles.

When play was halted on Sunday, Nadal was clinging to an shrinking lead. But the King of Clay overwhelmed the No.1-ranked Djokovic for the nine games they played Monday, wrapping up a 6-4, 6-3, 2-6, 7-5 win.

"You never know if you're going to win another one," said the second-ranked Nadal, who now owns 11 Grand Slam titles.

"I don't know if I am the best or not," he added. "I am not the right one to say that."
THE ASSOCIATED PRESS

Rafael Nadal celebrates his French Open victory over Novak Djokovic on Monday in Paris.
THE ASSOCIATED PRESS

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Ukraine wins one at home

Ukraine coach Oleh Blokhin celebrates victory with Andriy Shevchenko in Kyiv on Monday. Shevchenko trumped Sweden's Zlatan Ibrahimovic, scoring two great headers to give Ukraine a 2-1 win over Sweden at Euro 2012.

MARTIN ROSE/GETTY IMAGES

France and England trade goals in draw

Euro 2012. The French are unbeaten in their last 22 matches

Joleon Lescott of England heads the ball past Hugo Lloris of France on Monday in Donetsk, Ukraine. IAN WALTON/GETTY IMAGES

England held on for a 1-1 draw with France on Monday at Euro 2012, giving the Group D favourites one point each.

Joleon Lescott put England in the lead with a header in the 30th minute, and Samir Nasri levelled for France shortly before halftime with a strike into the bottom corner.

"I think we have to be happy with that," France coach Laurent Blanc said. "We were too timid at the start, there was a bit of pressure that got to us, and then we got better actually after we conceded the goal — that's when we started playing."

England took the lead in the 30th minute when captain Steven Gerrard curled in a free kick from the right after Patrice Evra had fouled James Milner, and Lescott was able to nod the ball past France goalkeeper Hugo Lloris.

France's equalizer was all about one-touch football as Florent Malouda, Evra and Franck Ribery flicked the ball around the left side of England's penalty area to free up space for Nasri, who put in a low shot before England goalkeeper Joe Hart could react.

When Nasri celebrated his goal, he shouted "Ferme ta geule," or "Shut your mouth." He then brought his finger to his lips as if telling someone to keep quiet.

The gesture was aimed as a French journalist from sports daily L'Equipe, who had questioned his form in an article the day before the match.

The French team finished the match with 19 shots, 15 of them on target. England managed three shots, but only the one on target.

THE ASSOCIATED PRESS

Tennis

Raonic opens tournament with 19 aces in victory

Canadian Milos Raonic defeated Philipp Petzschner 7-5, 7-6 (1) in his opening match at the Gerry Weber Open on Monday.

Raonic, the No. 5 seed from Thornhill, Ont., served 19 aces in the straight-sets victory over the German, who made it to the final of the 2011 event. Raonic will next play Ze Zhang of China, who overcame another German, Tobias Kamke, 6-4, 7-6 (2).

Philipp Kohlschreiber began his title defence at the grass-court tournament with a win over wild card Dustin Brown in an all-German matchup.

The 163rd-ranked Brown twice pushed Kohlschreiber to a tiebreak, before the eighth-seeded defending champion won 7-6 (4), 7-6 (4) in one hour 23 minutes.

The 28-year-old Kohlschreiber will face Lukas Kubot after the Pole beat Jarkko Nieminen of Finland 6-4, 6-4.

Rafael Nadal, who won his record seventh French Open title earlier Monday, and five-time winner Roger Federer both have byes to the second round.

THE ASSOCIATED PRESS

Canada focused on next opponent

After Canada's men's soccer team overcame the scorching heat and spotty pitch to upset Cuba on foreign soil last Friday, coach Stephen Hart allowed his players a brief time to revel in the result.

Then they promptly filed those feelings away.

Canada hosts Honduras on Tuesday in the second game of the third round of CONCACAF World Cup qualifying. Another victory would give Canada six points and some considerable breathing room heading into a two-month break.

"(I told them) the usual stuff: Enjoy the moment for a couple of hours and then understand that you've achieved nothing, we've achieved nothing," Hart said after practice Monday at BMO Field in Toronto.

The 77th-ranked Canadians defeated Cuba 1-0 on Friday, while No. 46 Panama defeated 55th-ranked Honduras 2-0 in the other game in the group.

After Tuesday's matchup, the national side, gunning to make its first World Cup appearance since 1986, takes a break before picking up World Cup qualifying again in September.

Stephen Hart GETTY IMAGES FILE

"It's going to be massive for us. We don't want to go into the next two months with any regrets of what could have been if we'd won maximum points," said David Edgar, whose well-placed cross led to Olivier Occean's goal versus Cuba.

The Canadians played through soaring heat on Friday that left Hart joking that he just hoped his players "didn't die." They also played a man short after keeper Lars Hirschfeld was shown a red card for handling the ball outside of the box.

Milan Borjan played well as Hirschfeld's replacement, immediately facing a dangerous free kick.

"It was difficult because I didn't warm up or anything, it was a tough situation to come in on, winning 1-0, a free kick on the 18-yard box," Borjan said. "But the guys gave me the confidence, the coaches they gave me confidence, so it was good."

He'll be Canada's goalkeeper against Honduras while Hirschfeld serves a one-game suspension.

Hart said he has faith in whichever Canadian keeper he has in net, saying there's little difference between the two.

"New goalkeeper, different name," Hart said. "Other than that, the players wouldn't be picked if I didn't think they could do the job."

THE CANADIAN PRESS

Quoted

"OK, it's a home game, but I think Honduras has too much experience to be desperate."

Canada head coach Stephen Hart on the mindset of Honduras following a loss.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	35	25	.583	—
Tampa Bay	35	25	.583	—
Baltimore	34	26	.567	1
Toronto	31	30	.508	4½
Boston	29	32	.475	6½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	33	27	.550	—
Cleveland	32	27	.542	½
Detroit	28	32	.467	5
Kansas City	24	34	.414	8
Minnesota	24	35	.407	8½

WEST DIVISION

	W	L	Pct	GB
Texas	35	26	.574	—
Los Angeles	32	29	.525	3
Seattle	27	35	.435	8½
Oakland	26	35	.426	9

INTERLEAGUE

Monday's results
Washington 6 Toronto 3
Miami 4 Boston 1
N.Y. Yankees 3 Atlanta 0
L.A. Angels at L.A. Dodgers
Sunday's results
Toronto 12 Atlanta 4
Arizona 4 Oakland 3
Baltimore 5 Philadelphia 4 (10 inn.)
Chicago Cubs 8 Minnesota 2
Cleveland 4 St. Louis 1
Detroit 7 Cincinnati 6
Houston 11 Chicago White Sox 9
L.A. Angels 10, Colorado 8
L.A. Dodgers 8 Seattle 2
N.Y. Yankees 5 N.Y. Mets 4
Pittsburgh 3 Kansas City 2
Tampa Bay 4 Miami 2
Texas 5 San Francisco 0
Washington 4 Boston 3
Tuesday's games — All Times Eastern
Pittsburgh (Lincoln 3-1) at Baltimore (W.Chen 5-2), 7:05 p.m.
Washington (Wang 1-2) at Toronto (H.Alvarez 3-5), 7:07 p.m.
Boston (Buchholz 6-2) at Miami (Buehrle 5-6), 7:10 p.m.
Cleveland (J.Gomez 4-4) at Cincinnati (Cueto 6-3), 7:10 p.m.
N.Y. Mets (C.Young 0-0) at Tampa Bay (Cobb 2-2), 7:10 p.m.
N.Y. Yankees (Sabathia 7-3) at Atlanta (Minor 3-4), 7:10 p.m.
Arizona (I.Kennedy 5-5) at Texas (Lewis 4-5), 8:05 p.m.
Detroit (Scherzer 5-4) at Chicago Cubs (Maholm 4-5), 8:05 p.m.
Milwaukee (Greinke 7-2) at Kansas City (Mendoza 2-3), 8:10 p.m.
Philadelphia (K.Kendrick 2-5) at Minnesota (Blackburn 2-4), 8:10 p.m.
Chicago White Sox (Quintana 1-1) at St. Louis (Wainwright 5-6), 8:15 p.m.
Oakland (Colon 5-6) at Colorado (Guthrie 3-4), 8:40 p.m.
L.A. Angels (Williams 6-3) at L.A. Dodgers (Harang 5-3), 10:10 p.m.
San Diego (Richard 2-7) at Seattle (F.Hernandez 4-4), 10:10 p.m.

CALENDAR

July 10 — All-Star game, Kansas City, Mo.
July 13 — Deadline for amateur draft picks to sign with selection team.
July 22 — Baseball Hall of Fame induction, Cooperstown, N.Y.
July 31 — Last day to trade a player without securing waivers.
Aug 15-16 — Owners' meetings, Denver.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	36	23	.610	—
Atlanta	34	27	.557	3
Miami	32	29	.525	5
New York	32	29	.525	5
Philadelphia	29	33	.468	8½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	32	27	.542	—
Pittsburgh	32	27	.542	—
St. Louis	31	30	.508	2
Milwaukee	28	32	.467	4½
Houston	26	34	.433	6½
Chicago	20	40	.333	12½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	39	22	.639	—
San Francisco	34	27	.557	5
Arizona	30	30	.500	8½
Colorado	24	35	.407	14
San Diego	20	41	.328	19

Monday's results
No Games Scheduled.
Sunday's result
Milwaukee 6 San Diego 5
Tuesday's game
All Times Eastern
Houston (Norris 5-3) at San Francisco (Bumgarner 7-4), 10:15 p.m.

NATIONALS 6, BLUE JAYS 3

Washington	ab	r	h	bi	Toronto	ab	r	h	bi
Lmrdz lf	5	2	2	0	Lawrie 3b	4	0	1	0
Harper rf-cf-rf	4	2	3	1	Rasms cf	4	1	1	1
Zmrmn 3b	5	0	1	0	Bautist rf	2	0	0	0
LaRoch 1b	5	1	2	2	Encrnc dh	4	1	1	0
Morse dh	4	0	1	1	KJhnsn 2b	4	0	0	0
Dsmnd ss	5	0	2	1	YEscor ss	4	0	0	0
Espinos 2b	4	0	1	0	Cooper 1b	3	0	0	0
Berndn cf	1	0	0	0	YGoms ph	1	1	1	2
Nady pr-rf	1	0	0	0	Arencii c	3	0	0	0
Ankiel cf	1	1	1	1	RDavis lf	3	0	0	0
Flores c	4	0	1	0					
Totals	**39**	**6**	**14**	**6**	**Totals**	**32**	**3**	**4**	**3**

Washington	202	000	110 — 6
Toronto	100	000	002 — 3

E—Zimmerman (3), Cooper (1). DP—Toronto 1. LOB—Washington 9, Toronto 5. 2B—Lombardozzi (8), Flores (3), Encarnacion (13). HR—LaRoche (11), Ankiel (4), Rasmus (9), Y.Gomes (3). SB—Harper (4). SF—Morse.

Washington	IP	H	R	ER	BB	SO
E.Jackson W,3-3	8	3	2	2	3	3
S.Burnett	1	1	1	1	0	2
Toronto						
Morrow L,7-4	0	1	1	1	0	0
Beck	3 2-3	3	3	2	2	3
L.Perez	2 1-3	6	1	1	0	1
Frasor	1	2	0	0	0	1
Cordero	1	2	1	1	0	1
Villanueva	1	0	0	0	0	0

WP—Beck. PB—Arencibia.
T—3:03. A—18,513 (49,260) at Toronto.

ATHLETICS

MOSCOW CHALLENGE

Monday's results
Men's 200 — 1, Aleksandr Brednev, Russia, 20.58. 2, Ainsley Waugh, Jamaica, 20.63. 3, Christian Malcolm, Britain, 20.90. 4, Aleksandr Khyutte, Russia, 20.91. 5, Konstantin Petryashov, Russia, 21.05. 6, Vyacheslav Kolesnichenko, Russia, 21.13.
Women's 100 — 1, Tameka Williams, St. Kitts and Nevis, 11.19. 2, Yelizaveta Savlinis, Russia, 11.34. 3, Natalya Rusakova, Russia, 11.36. 4, Yevgeniya Polyakova, Russia, 11.38. 5, Yulia Balykina, Belarus, 11.40. 6, Olga Belkina, Russia, 11.43. 7, Lina Grincikaite, Lithuania, 11.47. 8, Yulia Katsura, Russia, 11.55.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best of 7)
NEW JERSEY (E6) VS.LOS ANGELES (W8)
(Los Angeles wins series 4-2)
Monday's result
Los Angeles 6 New Jersey 1
Saturday's result
New Jersey 2 Los Angeles 1

KINGS 6, DEVILS 1

First Period
1. Los Angeles, Brown 8 (Doughty, Richards) 11:03 (pp)
2. Los Angeles, J.Carter 7 (Brown, Richards) 12:45 (pp)
3. Los Angeles, Lewis 2 (King, Doughty) 15:01 (pp)
Penalties — Volchenkov NJ (hooking) 3:01, Bernier NJ (boarding major, game misconduct) 10:10.
Second Period
4. Los Angeles, J.Carter 8 (Brown, Kopitar) 1:30
5. New Jersey, Henrique 5 (Sykora, Ponikarovsky) 18:45
Penalties — Salvador NJ (double high-sticking) 6:00, R.Carter NJ (roughing, misconduct) 14:23, Clarkson NJ (misconduct) 18:19, Penner LA (roughing) 19:43.
Third Period
6. Los Angeles, Lewis 3 (King, Stoll) 16:15 (en)
7. Los Angeles, M.Greene 2, 16:30
Penalties — Sykora NJ (roughing), Brown LA (tripping, charging; served by Williams) 6:55, Zidlicky NJ (tripping) 8:06.
Shots on goal by

New Jersey	4	6	8	— 18
Los Angeles	13	8	4	— 25

Goal — New Jersey: Brodeur (L,14-9); Los Angeles: Quick (W,16-4). **Power plays (goals-chances)** — New Jersey: 0-2; Los Angeles: 3-9.
Attendance — 18,858 (18,118) at Los Angeles.

STANLEY CUP CHAMPIONS

2011-12 — Los Angeles Kings
2010-11 — Boston Bruins
2009-10 — Chicago Blackhawks
2008-09 — Pittsburgh Penguins
2007-08 — Detroit Red Wings
2006-07 — Anaheim Ducks
2005-06 — Carolina Hurricanes
2004-05 — No Champion (season cancelled)
2003-04 — Tampa Bay Lightning
2002-03 — New Jersey Devils
2001-02 — Detroit Red Wings
2000-01 — Colorado Avalanche
1999-00 — New Jersey Devils
1998-99 — Dallas Stars
1997-98 — Detroit Red Wings
1996-97 — Detroit Red Wings
1995-96 — Colorado Avalanche
1994-95 — New Jersey Devils (strike season)

CONN SMYTHE TROPHY WINNERS

Playoff's Most Valuable Player
2012—Jonathan Quick, Los Angeles Kings
2011—Tim Thomas, Boston Bruins
2010—Jonathan Toews, Chicago Blackhawks
2009—Evgeni Malkin, Pittsburgh Penguins
2008—Henrik Zetterberg, Detroit Red Wings
2007—Scott Niedermayer, Anaheim Ducks
2006—Cam Ward, Carolina Hurricanes
2005—No Playoffs (Lockout)
2004—Brad Richards, Tampa Bay Lightning
2003— Jean-Sebastien Giguere, Anaheim Mighty Ducks (member of losing finallist)
2002—Nicklas Lidstrom, Detroit Red Wings
2001—Patrick Roy, Colorado Avalanche
2000—Scott Stevens, New Jersey Devils
1999—Joe Nieuwendyk, Dallas Stars
1998—Steve Yzerman, Detroit Red Wings
1997—Mike Vernon, Detroit Red Wings
1996—Joe Sakic, Colorado Avalanche
1995—Claude Lemieux, New Jersey Devils
1994—Brian Leetch, N.Y. Rangers

GOLF

PGA FEDEXCUP

Through June 10
(all figures in U.S. dollars)

	Points	Money YTD
1. Jason Dufner	1,735	$3,800,172
2. Hunter Mahan	1,477	$3,211,068
3. Tiger Woods	1,404	$2,964,050
4. Zach Johnson	1,386	$3,033,525
5. Bubba Watson	1,372	$3,204,778
6. Rory McIlroy	1,372	$3,164,700
7. Phil Mickelson	1,307	$2,838,778
8. Matt Kuchar	1,300	$3,082,409
9. Carl Pettersson	1,258	$2,459,113
10. Rickie Fowler	1,169	$2,692,753
11. Johnson Wagner	1,124	$2,093,283
12. Justin Rose	1,121	$2,549,902
13. Luke Donald	1,070	$2,299,506
14. John Huh	982	$2,120,080
15. Kyle Stanley	981	$2,022,213
16. Mark Wilson	940	$1,953,639
17. Bill Haas	922	$1,887,862
18. Dustin Johnson	898	$1,815,950
19. Brandt Snedeker	888	$1,757,814
20. Ben Curtis	886	$2,154,480
21. Keegan Bradley	874	$1,710,477
22. Steve Stricker	855	$1,743,048
23. Martin Laird	847	$1,885,834
24. Jim Furyk	817	$1,662,555
25. Ben Crane	747	$1,508,555
26. Kevin Na	741	$1,637,637
27. Ernie Els	714	$1,444,378
28. Robert Garrigus	709	$1,329,838
29. Spencer Levin	695	$1,240,911
30. Louis Oosthuizen	672	$1,535,067
31. D.A. Points	662	$1,345,313
32. Webb Simpson	659	$1,295,197
33. Jonathan Byrd	641	$1,464,320
34. Ryan Palmer	641	$1,163,762
35. Matt Every	641	$1,365,897
36. Charlie Wi	626	$1,166,174
37. Charles Howell III	621	$896,483
38. Lee Westwood	618	$1,529,195
39. John Rollins	611	$1,183,937
40. Bo Van Pelt	610	$1,356,367
41. Ken Duke	604	$1,155,835
42. George McNeill	572	$1,020,035
43. Kevin Stadler	561	$1,035,276
44. Cameron Tringale	548	$1,010,016
45. Brian Davis	546	$941,543
46. Graeme McDowell	542	$1,131,568
47. John Senden	532	$925,578
48. Brendon de Jonge	516	$736,675
49. Sean O'Hair	514	$776,434
50. Sang-Moon Bae	510	$967,285
51. Aaron Baddeley	506	$991,289
52. Dicky Pride	503	$1,088,363
53. Ryan Moore	500	$933,709
54. Jeff Overton	495	$845,378
55. Rory Sabbatini	494	$962,940
56. Bud Cauley	492	$771,461
57. Scott Piercy	485	$852,965
58. Jimmy Walker	483	$871,808
59. Greg Owen	477	$827,163
60. Pat Perez	473	$795,467
61. Bryce Molder	460	$747,195
62. Seung-Yul Noh	456	$755,692
63. Jonas Blixt	455	$873,798
64. John Merrick	454	$746,633
65. Harris English	449	$818,206
66. Geoff Ogilvy	445	$744,108
67. Chris Stroud	440	$832,236
68. Greg Chalmers	434	$564,322
69. Tom Gillis	432	$726,804
70. Nick Watney	416	$735,659
71. Robert Allenby	415	$759,557
72. John Mallinger	410	$623,490
73. J.B. Holmes	410	$755,430
74. David Toms	409	$795,087
75. Ian Poulter	407	$862,992
76. Vijay Singh	400	$630,805
77. Marc Leishman	397	$652,982
78. Henrik Stenson	394	$701,103
79. Harrison Frazar	386	$720,635
80. Daniel Summerhays	379	$674,625
81. Bob Estes	379	$651,579
82. Andres Romero	377	$700,619
83. Ricky Barnes	376	$626,889
84. Colt Knost	370	$746,846
85. Chad Campbell	370	$508,149
86. K.J. Choi	367	$563,476
87. Martin Flores	365	$557,767
88. Sergio Garcia	364	$757,172
89. Padraig Harrington	360	$741,921
90. Michael Thompson	358	$520,050
91. Brian Gay	357	$607,483
92. James Driscoll	350	$560,078
92. David Hearn	**350**	**$585,355**
94. Charl Schwartzel	348	$766,600
95. Jeff Maggert	345	$503,193
96. Boo Weekley	335	$627,199
97. Charley Hoffman	334	$604,519
98. Chris Kirk	318	$549,571
99. Roberto Castro	312	$345,674
100. Trevor Immelman	309	$476,104
Also		
103. Graham DeLaet	**302**	**$526,902**

TENNIS

FRENCH OPEN

Monday's result
Men's Singles — Championship
Rafael Nadal (2), Spain, def. Novak Djokovic (1), Serbia, 6-4, 6-3, 2-6, 7-5.

SOCCER

WORLD CUP QUALIFYING

NORTH, CENTRAL AND CARIBBEAN ZONE

Tuesday's games
All Times Eastern
GROUP A
At St. John's, Antigua
Antigua vs. Jamaica, 7 p.m.
At Guatemala City
Guatemala vs. U.S., 10 p.m.
GROUP B
At San Salvador, El Salvador
El Salvador vs. Mexico, 9:30 p.m.
At Georgetown, Guyana
Guyana vs. Costa Rica, 9 p.m.
GROUP C
At Toronto
Canada vs. Honduras, 8:30 p.m.
At Panama City
Panama vs. Cuba, 9:05 p.m.

EURO 2012

FIRST ROUND

All Times Eastern
GROUP A
Tuesday's games
At Wroclaw, Poland
Greece vs. Czech Republic, noon
At Warsaw, Poland
Poland vs. Russia, 2:45 p.m.
GROUP B
Wednesday's games
At Lviv, Ukraine
Denmark vs. Portugal, Noon
At Kharkiv, Ukraine
Netherlands vs. Germany, 2:45 p.m.
GROUP C
Sunday's results
At Gdansk, Poland
Spain 1 Italy 1
At Poznan, Poland
Croatia 3 Ireland 1
GROUP D
Monday's results
At Donetsk, Ukraine
France 1 England 1
At Kiev, Ukraine
Ukraine 2 Sweden 1

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	15	8	4	3	28	19	27
New York	13	8	3	2	26	18	26
Kansas City	12	8	3	1	17	10	25
Columbus	12	5	4	3	13	13	18
Chicago	13	5	5	3	15	17	18
Houston	12	4	4	4	13	15	16
New England	13	5	7	1	18	18	16
Montreal	13	3	7	3	15	21	12
Philadelphia	11	2	7	2	8	14	8
Toronto	10	1	9	0	8	21	3

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Real Salt Lake	14	9	3	2	22	14	29
San Jose	14	8	3	3	27	17	27
Seattle	13	7	3	3	16	9	24
Vancouver	13	6	3	4	16	15	22
Colorado	13	6	6	1	20	18	19
Chivas USA	13	4	6	3	9	14	15
Portland	12	3	5	4	12	15	13
Dallas	15	3	8	4	15	24	13
Los Angeles	13	3	8	2	15	21	11

Sunday's result
Vancouver 3 Houston 1
Saturday, June 16 — All Times Eastern
Dallas at Houston, 5 p.m.
Colorado at Vancouver, 7 p.m.
D.C. United at Philadelphia, 7 p.m.
Seattle at Montreal, 7:30 p.m.
Columbus at New England, 7:30 p.m.
Toronto at Kansas City, 8:30 p.m.
Real Salt Lake at Chivas USA, 10:30 p.m.
Sunday, June 17
New York at Chicago, 5 p.m.
Portland at Los Angeles, 8 p.m.

NASL

	GP	W	L	T	GF	GA	Pt
Puerto Rico	10	6	2	2	19	7	20
San Antonio	10	5	1	4	14	9	19
Minnesota	10	4	1	5	15	13	17
Fort Lauderdale	11	3	4	4	15	18	13
Tampa Bay	11	3	5	3	11	15	12
Edmonton	10	3	5	2	11	10	11
Carolina	11	2	4	5	18	20	11
Atlanta	11	1	5	5	11	22	8

Sunday's result
Edmonton 1 Fort Lauderdale 0
Saturday, June 16 — All Times Eastern
Carolina at Atlanta, 7:30 p.m.
Edmonton at Fort Lauderdale, 7:30 p.m.
San Antonio at Puerto Rico, 7:30 p.m.
Tampa Bay at Minnesota, 8:30 p.m.

NBA PLAYOFFS

THE FINALS

(Best of 7)
All Times Eastern
OKLAHOMA CITY (W2) VS. MIAMI (E2)
Tuesday's game
Miami at Oklahoma City, 9 p.m
Thursday's game
Miami at Oklahoma City, 9 p.m.
Sunday, June 17
Oklahoma City at Miami, 8 p.m.
Tuesday, June 19
Oklahoma City at Miami, 9 p.m.
Thursday, June 21
x-Oklahoma City at Miami, 9 p.m.
Sunday, June 24
x-Miami at Oklahoma City, 8 p.m.
Tuesday, June 26
x-Miami at Oklahoma City, 9 p.m.
x — played only if necessary.
RECENT CHAMPIONS
2010-11 — Dallas Mavericks
2008-09 — Los Angeles Lakers
2007-08 — Boston Celtics
2006-07 — San Antonio Spurs
2005-06 — Miami Heat

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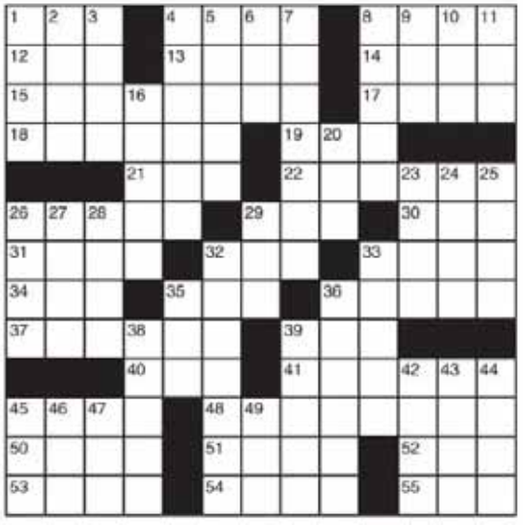
Crossword

Across

1 Possessed
4 Charitable donations
8 Earth
12 Exist
13 Throb
14 Busy with
15 Tongue
17 Leftovers
18 Prey on the mind
19 Prior night
21 Lepidopterist's prop
22 Duration
26 For all to hear
29 Whammy
30 "7 Faces of Dr. —"
31 Conks on the noggin
32 Blackguard
33 Hamilton foe
34 Scratch (out)
35 Vagrant
36 Majorette's staff
37 Hang around
39 Chap
40 Peculiar
41 Ducked a big wedding
45 Fly high
48 Dull, tedious portion of a book
50 Overly proper one
51 Falco of "The Sopranos"
52 Paid player
53 Competent
54 Burpee buy
55 Bribe

Down

1 Head light
2 Speedy steed
3 Hideaways
4 Mistreated
5 Minimum
6 Periodical, for short
7 Pittsburgh athlete
8 Vamp
9 Inseparable
10 "— Impossible"
11 Realtor's offering
16 Category
20 Annoy
23 Fill till full
24 Tahitian dish
25 Trumpet
26 First victim
27 Trickster god
28 Tournament format
29 Drone
32 Spoils
33 Sluggish body of water
35 Cot
36 Distended
38 Overeat
39 Aladdin's ally
42 Energizes, with "up"
43 Modern-day money
44 Let fall
45 Resort
46 Scepter topper
47 Be below par
49 Honor in verse



Sudoku

4				7				3
	2				4	7	1	
	6		5	8				
	1					5		
5		8				9		1
		2					4	
				3	6		2	
	3	6	9				5	
7				5				8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	8	7	2	6	1	5	3
5	7	3	4	1	8	9	6	2
6	1	2	3	9	5	7	4	8
7	3	6	9	5	1	8	2	4
8	4	9	6	3	2	5	1	7
2	5	1	8	7	4	3	9	6
3	6	7	1	4	9	2	8	5
1	2	4	5	8	3	6	7	9
9	8	5	2	6	7	4	3	1

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

E YWEQHZMKWLQHS ZUZZQKH

OUAP QH E TKKCQHS

EWUE LQSOM YU TEAAUP M

OU CQMTOUH MOQHC.

Yesterday's Cryptoquip: WHEN WILD ANIMALS ARE VERY MANNERLY, SHOULD YOU SAY THEY'RE ON THEIR BEAST BEHAVIOR?

Today's Cryptoquip Clue: Z equals S

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TUESDAY	WEDNESDAY	THURSDAY
MAX: 22° MIN: 9°	MAX: 14° MIN: 12°	MAX: 17° MIN: 8°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Horoscope

Aries | March 21 - April 20. The planets warn that if you are not careful you could spend a fortune today.

Taurus | April 21 - May 21. Write your goals down on a piece of paper and look at them at odd moments throughout the day.

Gemini | May 22 - June 20. Friends and work colleagues alike are relying on you to take the lead and show them the way, so push personal worries to the back of your mind and do what you can to assist them. You'll be assisting yourself too.

Cancer | June 21 - July 22. Others may bend the rules and get away with it but you must not allow yourself to be so tempted.

Leo | July 23 - Aug. 22. Follow your dreams wherever they may lead you, no matter how far that may be from where you are now.

Virgo | Aug. 23 - Sept. 22. It's quite possible that you will come into money over the next day or two, but if you do it's unlikely that you will hold on to it for long. There are just so many beautiful things you want to possess.

Libra | Sept. 23 - Oct. 22. Your rivals may seem confident but the fact is they are as scared of you as you are of them — maybe more so. Challenge them directly today and don't be surprised if they back down and let you win.

Scorpio | Oct. 23 - Nov. 21. Reach out to other people and help them feel good about themselves.

Sagittarius | Nov. 22 - Dec. 21. The problem you face today will require a certain amount of abstract thinking if you are going to solve it successfully.

Capricorn | Dec. 22 - Jan 20. Loved ones will forgive you almost anything today — if you say sorry and if your regret sounds genuine.

Aquarius | Jan. 21 - Feb 18. Resist the urge to criticize other people, both in your private life and in your working environment. In fact, go out of your way to give them your support, even if you don't think they deserve it.

Pisces | Feb. 19 - March 20. Discussions of all kinds will go well today, especially if you give those you deal with the impression that you are as eager for them to do well as you are to do well yourself.

SALLY BROMPTON

Caption Contest

"My mom says if I want to be cute I otter smile more."
Kassia & Jessica

MARK M. GASKILL/DETROIT ZOO/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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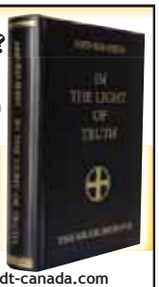
- The purpose of Life
- The Divine laws
- Reincarnation
- Life after Death
- Fate and Destiny
- The creation of man

... And many more



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